The Westfield Voice

FRIDAY, SEPTEMBER 25, 2015

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Plan for first Physician Assistant program announced at SGA meeting

Ryan Caulfield
SGA Correspondent

Westfield State University has gone and will go through many changes over the next four years. Besides the new Science Center, renovations to Dever Stage, the Juniper Park Elementary School building, and the overall new design of the campus, there is a plan to have a new academic department of health sciences come to the University.

What will make this department special—and even historical—is that the Physician Assistant Program will be the first public program offered in the New England area. The program itself, The Master of Science in Physician Assistant Studies, includes an undergrad Health Sciences major, a post-baccalaureate Health Science program, and an EMT program.

Dr. Marsha Marotta, vice president of academic affairs, discussed the proposed programs with the Student Government Association Tuesday. Dr. Holly Noun of the movement science department and Jennifer Hixon, associate dean and the physician assistant program director and founder, accompanied Marotta, who said the four programs warrant a new department.

Shannon Cullinane asks Dr. Jennifer Hixon, Dr. Marsha Marotta, and Dr. Holly Noun about price of P.A. program at Westfield State as compared to private institutions.

She also advocated two reasons why the new department should exist, the first being that the healthcare field has many job opportunities and the department would prepare students to acquire those jobs. The second, Marotta said, is the current state of healthcare and the shortages of healthcare providers in Western Mass. "This department would not just prepare students for jobs, but it would also fulfill our mission as a public institution and start the first public Physician Assistant program in New England," she said.

Due to it being a Department of Graduate and Continuing Education program, it would be a self-supporting program and will return revenue to the university. She said the program is expensive to put on, thus asking the student to pay a higher tuition than other graduate programs. The bonus, she said, is that a graduate is guaranteed employment at a 100% employment rate with starting pay at $90,000 and $100,000 a year as a physician assistant.

The proposed department will be submitted to campus governance and each of the four programs will be forwarded to appropriate committees for action. Hixon spoke to the SGA after Marotta and said that being a physician assistant for 30 years has changed her life. "Starting an affordable public physician assistant program in New England has been an ambition of mine forever," Hixon said.

When she recently left her position at a private university, Hixon said she told her colleagues what her intentions were, and they all were ecstatic, as was the secretary of health and human services at the State House, who asked, "why hasn't somebody done this already?" She said the PA program is 24 months in length and the curriculum has already been designed. She described it as, "innovative, modular and system-based, fast, furious, and very difficult, but that is every PA class in the country. It's like taking a drink from a fire hydrant; it's not for the lightheart-ed."

see **CAULFIELD** *on page four*

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The objective student press of Westfield State University

VOLUME VII, ISSUE I

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, SEPTEMBER 25, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
The National Science Foundation granted $1 million to UMass to research energy efficienct with the Holyoke Gas and Electric Company.

The Harvard Crimson,
HARVARD UNIVERSTIY
A year after more than 100 Harvard alliliates recieved racially themes emails, the Harvard College's Office of Student Life introduced a new system for reporting occurances of bias.

The Daily Campus,
UNIV. OF CONNECTICUT
More than 250 students led the first political rally of the year in support of Bernie Sanders. The rally took place on the lawn behind the Student Union Mall.

The Daily Orange,
SYRACUSE UNIVERSITY
The Syracuse University Marching Band was officially invited to perform at the London New Year's Day Parade next year. The parade will be seen by a worldwide audience of more than 300 million people , however the band director is unsure whether or not they will attend.

SGA holds final meeting before full senate convenes next week

Ryan Caulfield
SGA Correspondent

From left to right: Marsha Marotta, Brendan McKee, Jacob Lotter, Justin Connolly, Matthew Carlin, Jon Cubetus, Haley Batchelder, Brandon Trafford

The Student Government Association's third meeting of the year started off with surprising news of an academic department of health sciences, the first in Westfield State's history.

One of the four programs in the department, the Physician Assistant Studies, is the first public program in New England. To learn more about the new department see page #1.

After the announcement of the new department, Evelyn Dina, president of the SGA, began her report.

She appointed Sandra Mercer as a representative-at-large for the 2015-2016 academic year, which passed unanimously. She ended her brief report by announcing that the Ely Library will hold a website usability study.

The event calls for students because the activities can help improve and organize the library's homepage, Dina said. The study will take place Sept. 28 from 5 p.m. to 6 p.m. and will provide pizza and refreshments.

After the madam president finished her report, Justin Connolly, student trustee, gave the Neighborhood Advisory Board report.

He said one of the sergeants from the Westfield police department visited the board's meeting and discussed the success of last year's downtown neighborhood social.

Last semester, administration, students, and the citizens of downtown Westfield met outside town hall to discuss concerns from citizens and students alike. "This is a relationship that is growing and growing. We really hope to maintain it with the citizens," Connolly said.

Mathew Carlin, vice president of student life, reported that 1,600 students have taken the HAVEN sexual prevention online course so far, most of which are upperclassmen.

The course is mandatory for all students and the first half must be completed by Oct. 30.Andrew Manchino, representative of the class of 2017, gave the first Food Committee report of the semester. He said Sodexo would be taking part in the real food challenge initiative this year.

The challenge, Manchino said, leverages the power of youth and universities to create a healthy, fair, and green food system.

The campaign is to shift $1 billion of universities exiting food budgets away from industrial farms and junk food to local/community-based, ecologically sound, and humane food sources by 2020. He also announced that Sept. 25 is national Pancake Day and the SGA room erupted in cheers.

Haley Batchelder, vice president of programming, announced that 1,342 students and family members participated at family day last Saturday. Brown bag bingo, she said, will be held on Friday, Sept. 25 at 10 p.m. in the Scanlon Banquet Hall. She finished with announcing that Six Flags tickets will be on sale for $15 on Sept. 29 on My-Westfield.

Brendan McKee, executive secretary, said that only 115 first years have voted in the first year elections so far on Sept. 22.

By next Tuesday, the SGA will know who the 2019 class winners are.

The next meeting of the Student Government Association will be Sept. 29 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

Go Global Experience

Westfield State's study abroad and travel programs give students unique opportunities for excursion and education

Haley Batchelder
Voice Columnist

Are you interested in studying abroad but unable to leave the country for a whole semester? Do you want to have the experience of traveling abroad while still being able to spend the semester with your friends? Well, through Westfield's Go Global Experience, you have that opportunity!

The Go Global Experience is a program offered by the International Office that allows students to study in a variety of different locations around the world. These J Term courses give attendees the opportunity to spend two weeks immersed in another country—learning about a new culture, picking up a new language, and completing field related course work—all while working alongside fellow students.

Michele Brooks, a senior at Westfield State University and an Environmental Science and Regional Planning double major, partook in last year's J Term Course to Costa Rica. Whilst in Costa Rica, Brooks had the opportunity to hike through the tropical rainforests, go bird watching, and go snorkeling, among a number of other activities and cultural experiences.

Through these experiences, Brooks was able to have a hands-on lesson as to why there is biodiversity in the tropical rainforest, learning just how complex of a subject biodiversity is and how evident it is when hiking through the rainforest. "I had never taken a course in tropical biology before this piece," said Brooks, "and through this trip I was able to experience it hands-on."

Brooks is just one of many students who gained valuable experience and memories from the J Term course offered by Westfield State University. Brooks also added, "being able to experience the biodiversity of the rainforest, the cloud forest, and the dry forest was truly incredible."

If you aren't a science major or interested in biodiversity, don't give up on the Go Global Experience! Each J Term offers a vastly different experience based on a student's major and interests. A few of the most popular trips include a Service Learning Project in Nicaragua, a Civic Engagement and Language Immersion course in Puerto Rico, and a Movement Science Expedition in Nepal.

If you are interested in learning more about the Costa Rica trip, or any other of our J Term Courses, make sure you stop by the Study Abroad Fair on September 30th from 5 p.m. to 7 p.m. in the Scanlon Banquet Hall to learn about the endless opportunities offered by the International Programs Office.

For any additional questions, please stop by the International Programs Office in the Parenzo Lobby or visit the webpage at www.westfield.ma.edu/academics/study-abroad for more information.

Each J Term course for the Go Global Experience at Westfield State gives students amazing opportunites that do not come around every day. Seeing the world while also getting course credit is a dream come true for many students.

Westfield State students transformed by Costa Rica culture and life in short term study abroad course

From news release

Westfield State students pose at a beach in Costa Rica. L to R: First row: Kelly Griffin, Stephanie Cobb, Hannah Adams, Michelle Deane, Maddie Spillers. Second row: Emilie Manna, Megan Barr, Jordan Ciaramitaro, Alana Sullivan, Meghan Arment, Abby Deming, Kolleen White.

Twelve Westfield State University students traveled to Costa Rica this summer as part of the short-term study abroad course "A Costa Rican Intercultural and Tropical Ecology Experience" led by Professor Kathleen Itterly and Professor Trudy Knowles, both from the Westfield State Department of Education.

The course was designed to allow future teachers to immerse themselves in another culture both by participating in service learning as they observe and assist with instruction at local schools and exploring the Costa Rican environment by visiting different ecological sites.

Itterly said that understanding different cultures is an essential tool for educators.

"We live in a multicultural world," Itterly said. "We all need to continue to broaden our awareness of the many human perspectives across the planet."

While students had two guides that were bilingual, they mostly were left to themselves to work through the language barrier.

"They muddled through the language challenges just as many of our second language learners in USA schools must in our teachers' eventual classrooms," Itterly said. "Many students embraced the term, 'pura vida,' which basically means, pure life, go with the flow."

Students visited four Costa Rican elementary schools. The first was Escuela San Jorge, a small school with five students ages 6-14. Students then visited two private bi-lingual schools in the Monteverde area (Cloud Forest School and Monteverde Friends School) to focus on bilingual education, and then concluded with the Santa Elena Public School in Santa Elena where they taught a lesson to students in grades K-5.

Westfield State student Maddie Spillers '17 from Hopedale, Mass. said she enjoyed the first teaching location.

"The first school we went to truly changed my perspective on the meaning of education, and cherishing what you have," Spillers said.

Spillers was especially affected by an ambitious young student.

"The girl I spent the most time with was 12 years old. She wanted to go to a university in the U.S. and become a computer engineer," Spillers said. "Hearing this from a girl who had never owned a computer in her life, who takes care of her younger sister five days out of the week, and gets herself to school was so inspiring. She reminded me to dream big, and with hard work and dedication, anything is possible."

In addition to teaching, students visited a number of ecological sites including the Atlantic lowlands, volcanic mountains, the cloud forests of Monteverde, and the Pacific lowlands.

Going along with the ecology aspect of the course, students were able to balance the carbon footprint of their travel by contributing to scientific research. Students measured the growth of secondary forest trees scattered throughout an area near the La Calandria field station. In exchange for their research, trees were planted in their names, three for each student.

Student Emilie Manna '16 of Reading, Mass. most enjoyed visiting the Children's Eternal Rainforest, which she described as "life-changing."

"It was amazing to see and learn about all the different animals and how they all work together to keep the forests alive and growing," Manna said. "I loved that we were able to learn about something and have a lecture then take a walk and see exactly what we learned."

Manna also said the course helped her decide what type of environment to have in her future classrooms.

"For my future classroom, I learned the power of love and how simple acts of kindness and acceptance can go such a long way," Manna said. "Your classroom needs to be built off of that and giving students that type of environment will only help them to grow."

Spillers said she will apply what she learned as a future teacher with the notion that not all learning occurs inside a classroom.

"During my career as a special education teacher I want my students to embrace the world and what surrounds them and attack face on, and see it for themselves rather than on a piece of paper." Spillers said. "Students need to get outside, explore, and use their hands and senses to learn about what surrounds them."

At the end of their two week travel, one thought came to Manna's mind.

"This course made me realize that I have chosen the right profession and all the many reasons I am blessed to have chosen it," Manna said. "Costa Rica is a beautiful country and I only hope to return back to teach there one day."

opinions & editorials

Friday, September 25, 2015 Race Rugh, Editor

THE CONSERVATIVE VIEW

China raising tensions in the Southeast Pacific

Matthew Carlin
Managing Editor

The Chinese have been playing a dangerous game with the United States these past few weeks. On Sept. 15th, a Chinese jet performed an "unsafe maneuver" in front of a US reconnaissance plane near the Shandong peninsula.

Essentially, as the pentagon put it, the jet flew right in front of the recon plane, which was a cause for concern. This is one of many recent "provocations" from the Chinese that are not limited to a recent event involving Chinese naval vessels coming dangerously close to US territorial waters of the Bering Sea and the detainment of a US citizen on the charges of espionage and endangering the "national security of the peoples republic".

These events trail behind President Xi's recent visit to Seattle, which is designed to promote peace and in essence downplay the severity of the recent string of "aggressive behavior" that both the Chinese and US government have supposedly made.

For me I see this as a pure black and white matter of the Chinese attempting to "puff out their chest" towards the US. Ever since the Chinese have applied significant pressure and influence over the uninhabited islands in the "South China Sea" there has been an increase amount of military activity in the region.

The Japanese already are attempting to militarize their navy and move away from their pacifist constitution (that was written post WWII).

They have also have offered "Second hand" vessels to the Vietnamese navy since the Chinese navy has been bullying Vietnamese fishing vessels with water cannons. In my honest opinion if these hostilities do not cease, there may be a full scale "intervention" to occur of a South Asian Coalition against the Chinese.

Honestly, I wouldn't blame them. China's armed forces have been attempting to modernize and militarize for the last decade ever since they started pushing their claims.

The "million man" army that China boasts is poorly equipped with soviet era weaponry along side with just as old naval vessels and aircraft. Recently, the Chinese have announced the launch of its first two aircraft carriers and it wouldn't be too long before we heard rumors of newer aircraft technology (apparently to rival out F-22s).

The Chinese currently have grievances against them from South Korea, Japan and Vietnam with public distrust from out south pacific Asian countries.

I believe that this may be an attempt for China to assert itself as a world power besides its industrial wealth, which has seen some hardships with recent declines in the Chinese stock market. Besides these international disturbances, the Chinese government has been plagued by "corruption" of which President Xi has handled with an iron fist.

After a few recent purges of upper communist party members, and a few civil liberty protests, even a major explosion, the Chinese government has tightened its grip over the general population and media outlets.

In all reality all this may be a simple publicity stunt that will just go away given enough time and then we will move on to other issues.

However, it would be wise to note the previously mentioned events when looking towards the future, specifically the militarization of the South Pacific nations and the growing political instability of the region.

From The Front Page

Hixon closed by saying she is hopeful that the programs will give solutions for the healthcare issues in Western Massachusetts and other parts the state for the first time in an affordable fashion. Before the SGA senators asked questions, Dr. Noun made a brief statement about the department and programs. She said it is not just about the special presence of the new programs for Westfield State but the programs' individual uniqueness that separates the University from its sister universities.

Eleven academic departments began meeting three years ago to create a program of study to meet the needs of students that wish to pursue a path in healthcare in addition to nursing.

Noun stressed that the programs are designed to specifically address the health needs of Massachusetts. "The health sciences program goes beyond that blanket of prerequisites. We are working with and giving you a set of skills that you can communicate at an interprofessional level with other healthcare practitioners to prevent communication errors," Noun said.

She added that the number one error in the country's healthcare system is the lack of communication. She said that a lot of state schools have health science classes. "I promise you," she said, "not one single school can do what our program can to prepare you for the healthcare world."

Some notable questions and responses from the SGA followed after the three speakers. Haley Batchelder, vice president of programming, asked if the price for the undergraduate classes would be just as high as the PA program. Marotta said that the cost of the undergraduate classes would have the same rate as a normal Westfield State student.

Brendan McKee, executive secretary, asked if you had to be in a specific major to take the PA program as a graduate. Hixon said any graduate of any major could do the program and that most of the PA program students she has taught came from other majors such as communications and English.

Jon Kelland, representative-at-large, asked if other additional faculty would be hired for the health sciences department. Hixon said that a program director, three faculty members, and one medical director would be hired. Two out of the three faculty members will be physician assistants and one could be a physician, she said.

Shannon Cullinane, class of 2016 representative, asked what the price difference would be for the PA program compared to a private University. Hixon did not give a precise number, but she said it would hopefully be 30% cheaper than taking the course at a private University. "Not once have I seen a student drop out of the program due to finical issues," she said.

Noun added that the undergraduate program aspect of the department is to be multidisciplinary and to gather students from all majors to create an accessible learning environment.

Andrew Morin, president of the class of 2017, asked what a typical class size would be for these courses. Noun said it could range from 24-30 students, depending on the type of class. "Teaching health care should be an intimate process," she said.

Jon Cubetus, vice president of academic life, asked whether or not this new department would broaden the University's student enrollment by attracting more potential students. Marotta answered that the undergraduate program is not designed to expand the university but to raise our University's status and average grade point average.

There is no definitive start date set for the programs. More developments on the progress and the formation of the health sciences department will be announced as the year unfolds.

The process requires the programs to receive approval from the respective campus governance committees, the Board of Trustees, and then the Massachusetts Board of Higher Education in order to be implemented.

Are you a liberal?
Are you a conservative?

Do you have opinions?
Write about them!

The Westfield Voice ***is looking for a columnist to write about politics. If you're interested, contact Andrew Burke, Editor-in-Chief by emailing thevoice@westfield.ma.edu.***

from the editors' desks

Creating a standard of excellence from an existing foundation

The Westfield Voice is the press that students on this campus turn to in order to be more informed about the place that they call home for nine months of the year. After a long three-week hiatus, we are back to standard production.

Our printing contract has been finalized, and we are returning to The Daily Hampshire Gazette and the tabloid layout from two years ago.

Although we have a new printing company for 2015/2016, we have a strong base filled with familiar faces that will help to make it a smooth transition.

Joshua Clark, Jon Rebmann, Jaclyn Parker, and Joshua Frank have all graduated and are off forming their own paths after The Voice, and a few members of our staff are off doing bigger and better things on campus.

The familiarity and established roles within our existing editorial staff, however, will allow us to create a paper that everyone from the Communications Department on the third floor of Ely to the citizens of Westfield can be proud of.

I will be the sole Editor-In-Chief starting this week, and I hope to continue to establish a standard of excellence when it comes to this publication that Josh Clark and editors before him have established.

I would not be able to even imagine doing so without the staff that I work with and the faculty and students that we rely on to inform others as to the goings-on of this campus.

I would like to welcome back Nick Sarnelli from his study abroad trip to Ireland, although I know he would much rather be in Europe than copy-editing for The Voice.

I also want to wish Isabelle Harker and Emily Hanshaw good luck in their future ventures as they continue to make this campus a wonderful place to live and learn.

It is the duty of journalists and editors to be thorough, honest, and diligent. Our staff this year has all of these qualities and then some, creating an environment that is destined for success.

If you would like to be a part of The Voice this year, please email thevoice@westfield.ma.edu or visit Ely 305 during office hours on Monday, Tuesday, or Wednesday night.

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 durng office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday durng the Westfield State University calendar semester.

The Westfield Voice is funded by a $16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

arts & entertainment

FRIDAY, SEPTEMBER 25, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of September 25, 2015

Top 10 Singles

1. The Hills - The Weekend
2. What Do You Mean Justin Bieber
3. Can't Feel My Face - The Weekend
4. Watch Me -Silento
5. Good For You - Selena Gomez ft A$AP Rocky
6. Locked Away - R. City Ft Adam Levine
7. 679 - Fetty Wap Ft Remy Boyz
8. Cheerleader - OMI
9. Hotline Bling - Drake
10. lean On - Major Lazer & DJ Snake Ft M0

Top 5 Albums

1. Beauty Behind The Madness - The Weekend
2. That's The Spirit - Bring Me The Horizon
3. IIIinois - Brett Eldredge
4. Repentless - Slayer
5. 1989 - Taylor Swift-

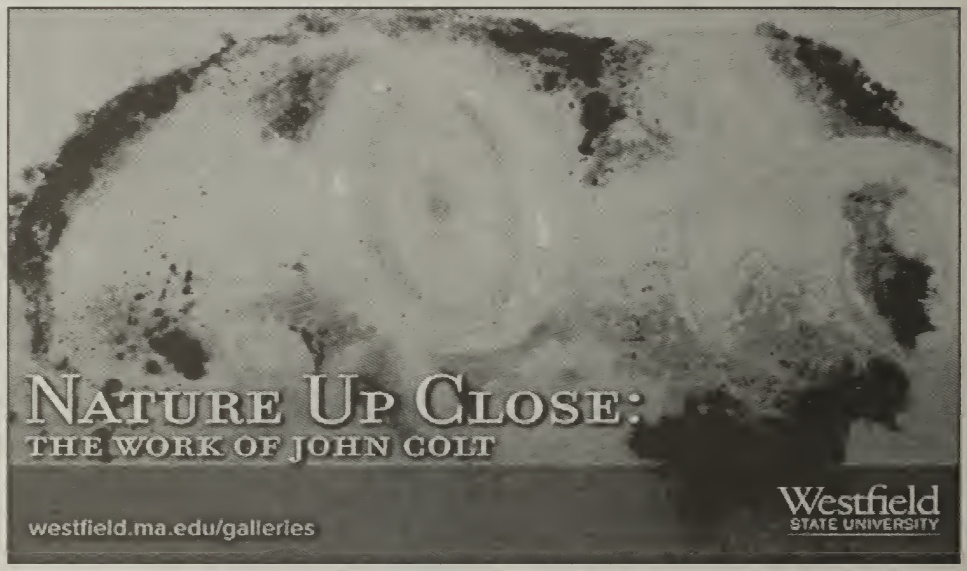
Top 5 Movies

Maze Runner: The Scorch Trials
2. Black Mass
3. The Visit
4. The Perfect Guy
5. Everest (2015)

Upcoming DVDs

1. Entourage
2. Poltergeist
3. Spy
4. Aloft
5. The Connection

Explore 'Nature up Close' at Westfield State



John Colt, an artist from Wisconsin, will have a feature art show at the Arno Maris Art Gallery on Ely Second Floor. Although he passed away in 1999, his unique artwork has been circulated around the world.

From news release

The Westfield State University Arno Maris Art Gallery will host an artist reception for the exhibit "Nature up Close: the Work of John Colt" on Thursday, September 24 from 5:30-7 p.m.

Featured artist John Colt (1925-1999) was introduced to art at an early age by his parents artists Mary and Arthur Colt who ran the Colt School of Art in Madison, WI. After serving in the U.S. Navy, Colt earned his bachelor's and master's degree in art from the University of Wisconsin and eventually became a faculty member at the university.

Preferring to work with paint and canvas, Colt was largely inspired by nature. His artwork often portrays elements of the natural world with abstract qualities including luminosity and delicate lines and shapes.

Colt's artwork has been recognized in a number of ways. He was the recipient of the top award at the Walker Biennial at the Walker Art Center (1966), and was honored with the Top Award from Wisconsin Painters and Sculptors (1973). His paintings have been published in The New Yorker, Artforum, and Art in America.

Colt's artwork hangs at a number of institutions including the Milwaukee Art Museum, the Wright Art Museum, and the Madison Museum of Contemporary Art. A native of Wisconsin, Colt moved to Amherst, Mass. after retiring from teaching and remained there until his death in 1999.

Colt's wife Ruth Kjaer will be at the opening reception to answer questions about his artwork, inspirations, and lifetime achievements.

Colt's artwork will remain at the gallery until October 17. The Arno Maris Gallery is located on the second floor of the Ely Campus Center. Admission is free. Regular gallery hours are Tuesday-Friday, 2-5 p.m. and Saturday 1-5 p.m. The gallery is closed on Sunday. For more information, please call the gallery at 413-572-4400.

KNOWING TO COOK

Whither Canada, Cuisine from our Northern Neighbors

Ryan Cashman
Voice Columnist

Let's talk about Canada. Our friends to the north are primarily known for their stereotypically friendly demeanor; their silent judgement of the United States; their quiet, unyielding patriotism; and for that wonderful combination of French fries, cheese curds, and gravy: poutine.

Now here's a question: why am I talking about Canada instead of Florence (the city I spent four months of my life eating through)? Because Canada is cool, that's why.

That being said, I've never been there. I would very much like to, but I haven't - even though it's only eight hours away from here, depending on which route you take.

Despite my lack of authentic Canadian experience, I can confidently say that Canada is a food mecca filled with wonderful and unique goodies.

It's not the barren land where pine trees outnumber people (though that is in fact the case) but a country filled with cultural and gastronomical diversity that rivals the United States.

The majority of Canada's population resides in the provinces with a coastline, namely British Columbia, Ontario, Quebec, and Nova Scotia. Strong European influences, mainly French and English, pervade the traditional dishes of Canada. Poutine, the gravy-drenched dish aforementioned, originates in Montreal, Quebec's largest city, which is perched on the banks of Le Fleuve Saint-Laurent (St. Lawrence River) and was founded in 1642 when it was populated by the French.

Over the course of the next three centuries, Montreal established itself as one of Canada's economic and cultural hubs despite the effects of the revolution in England's colonies to the south, attacks by Iroquois natives, the birth of the railway, and the second Quebec referendum for sovereignty.

The city's primary language is French, and the food represents the centuries of French influence. Foie gras (duck liver pate), sausages, smoked meats, and fish from the St. Lawrence River are just a few of the traditionally European foods you can find wandering around the old city.

Recently, however, due to the easing of the immigration process in Canada, migrants from other European countries such as Italy, Greece, Spain, China, Japan, and India have made the journey from their native homeland to make a new home in Canada.

The Canadian city with the most non-European influence, at least as far as food is concerned, is Vancouver, the capital of British Columbia. The city shares a coast line with the Pacific Ocean, making it easier for Asian immigrants to trek across the sea and bring their cultural heritage to Canada.

While Montreal also has a booming Asian gastronomical influence, Vancouver is the city whose cuisine has been most influenced. In an episode of his acclaimed television series, No Reservations, Anthony Bourdain ventured around Vancouver visiting fellow chefs who have brought their unique cookery to the city.

Two of the chefs in particular, Hidekazu Tojo (Japanese cuisine) and Vikram Vij (Indian cuisine), utilize specifically Canadian ingredients when creating dishes reminiscent of their homeland.

Tojo, for instance, uses fish caught from Vancouver Bay and the surrounding rivers to make his world-class sushi, while Vikram creates curries and sauces from ingredients sourced from local farms: basically farm-to-table...just Canadian.

So, as you can see, Canada has more to offer foodwise than just French fries overloaded with gravy and cheese. The northerly provincial commonwealth produces fantastic food products and chefs who are deviating from the traditional European cooking styles while continuing to create new and fascinating food scenes across the country.

I know in the States we don't truly like to think of other nations as rivaling us in areas in which Americans excel, but we have a fierce gastronomical competitor in Canada.

Imagine that: Canada, a country we think of as essentially invisible and unexciting, is rivaling our great American food scene. At least it is in this writer's opinion. But I could be wrong. I still haven't been there.

As always: Buona Tavola é Mangiare Bene!

gail's guidance

Dear Gail,

My family is continuing to nag me about graduate school, but I don't want to go for a variety of reasons.

I love my family, but they tend to bug me on the subject every chance they get. What should I say or do without being disrespectful?

Signed,
Anonymous

Dear Anonymous,

Can I tell you a secret? I may be recognized as Westfield State's most sagacious, qualified life expert, but I do not have any "real" qualifications. You do not need a graduate's degree to have a successful career.

As long as you present your future goals to your parents and prove that you have a solid plan, your parents should understand. If you parents are very strict and set in their ways, you may want to make a Power Point; bullet points and pie charts never hurt.

If they reject your plans, you always have a place to stay at the Westfield Voice office on the third floor of Ely with ya girl Gail. Good luck!

Dear Gail,

Please make the fire alarms in New Hall STAHP!

Signed,
Anonymous

Dear Anonymous,

Let me reassure you I've been working diligently to become a certified electrician. Your comfort is my top priority--even if my night classes interfere with my time with my children.

Unfortunately, college students can be very careless when it comes to cooking—and every other activity. Pesky fire alarms are just the price you have to pay in exchange for the right to make Mac and Cheese from the comfort of your apartment.

So, next time there's a New Hall fire alarm, come find ya girl Gail on the sidewalk. We can chat about pesticide-free goji berry farms and ombre leggings.

Happy campus living!

owls athletics

FRIDAY, SEPTEMBER 25, 2015 MICHAEL BARRY, EDITOR

Owls lose 48-41 in Saturday shootout

Michael Barry
Sports Editor

This past Saturday at Alumni Field, the Owls suffered a heartbreaking loss to MASCAC rival Umass Dartmouth. Each team put on an offensive clinic, ending in a Corsair victory by a score of 48-41.

In a quick three play, 47-second drive, Westfield got on the board first with an impressive 85-yard touchdown pass to senior wide receiver Colin Smith. Both teams failed to score for the rest of the quarter however the high-powered Westfield offense was able to double its lead just seconds into the next quarter. A seven-yard touchdown pass to senior receiver Sam Laurin capped off a 13-play drive that lasted almost five and a half minutes.

It seemed the Owls were in the drivers seat with everything clicking both offensively and defensively.

Umass Dartmouth finally was able to get on the board with just 2:10 left in the half. Starting their drive off with two huge passing plays of over 20 yards, the Corsairs finally scored due to a seven-yard touchdown pass to junior wide-out Kevin Wadsworth.

Westfield was unable to convert on their next possession and both teams went into the locker room at the half with a score of 14-7 Owls.

Although the two teams were only separated by one touchdown, Westfield seemed to be the far better team. If they could come out in the second half and limit big plays, they should get a much-needed win in their conference opener.

PHOTO BY: KILEY-BERUBE

Westfield had a chance at a last second Hail Mary to tie the game but to no avail. Senior Wide Receiver Colin Smith (20) tries to make the final catch as DaVon Fuller of UMass Dartmouth comes to break up the play.

The second half began with a Umass Dartmouth three and out which gave the Owls a huge opportunity to swing the momentum in their favor. Unfortunately the Corsairs defense had a huge three and out themselves which set up a huge quarter for their offense.

With another quick drive that consisted of crushing big plays, Umass Dartmouth scored on a six play, 73-yard drive. Freshman receiver Abbi Bamgbose caught the 30-yard touchdown pass. After a missed extra point, the Owls still held the lead with a score of 14-13.

The high-powered Westfield offense wasted no time responding, scoring a touchdown on their very next possession. More huge passing plays for the Owls drove them down the field as they finally got into the end zone after a 10 yard run by Junior running back Bryan Waruhiu.

The Umass Dartmouth offense caught fire in the third quarter. Reciever Abbi Bamgbose caught his second touchdown pass of the day bring the Corsairs back within one. The second half had become an absolute shootout. Neither offense could make a mistake and it seemed just one defensive stop would be enough to seal the victory.

Westfield punted on their next possession, which set up another scoring drive for Umass Dartmouth. Abbi Bamgbose put on a clinic in his first ever MASCAC game. The freshman caught his third touchdown pass with 2:53 to go in the third quarter.

Bamgbose would finish the game with an insane four touchdowns and 209 yards receiving. Those statistics become even more impressive since they were done on only seven total receptions. If he continues to play at this level, the freshman standout could be a force in the MASCAC for a very long time.

In the final quarter, Umass Dartmouth scored another touchdown putting the score at 34-21. Having let up 14 unanswered points, it seemed the Owls were completely out of the game.

Luckily, the Owls never quit for a second. Senior quarter back Erik Washburn continued to torch the Corsairs defense driving 75 yards in just 1:21. The score was now 34-28 with 11:16 to play setting up for one of the most exciting finishes in recent memory.

After each team had scored another touchdown a piece, Westfield lined up to attempt an onside kick. Only down by six points, a Westfield recovery would be huge. Kicker Michael Orellana kicked a perfect onside kick, which Westfield recovered on their own 46 yard line.

Regardless of the outcome, the stage was set for a fantastic finish at Alumni.

On a make or break fourth down, Washburn threw a beautiful touchdown to Yinka Areago, tying the game at 41. Unfortunately, Umass Dartmouth made the play of the game blocking the extra point, preventing the Owls from taking the lead.

With all of the momentum in their favor, Umass Dartmouth scored on the very first play of their next drive. Quarterback Cory Burnham completed his outstanding sixth touchdown pass to who may have been the player of the game, Freshman Abbi Bamgbose.

With just a minute left on the clock, Westfield didn't have enough time to score, resulting in a heartbreaking loss.

Although they couldn't come up with the win, their were tons of positives for the Owls.

Owl quarterback Erik Washburn had a record setting performance throwing for 448 yards and four touchdowns. The offense looks stacked and set to be a headache for defenses across the MASCAC. The defense looked great in the first half as well. The only thing that hurt them was giving up big plays. If the defense can keep its composure and limit long pass plays, this team looks like they could make a serious run.

Westfield football has a bye week this week and will play again October Third against Plymouth State. The game will be played here at Alumni Stadium and kickoff is at 1pm.

Men's Soccer has promising start despite misleading record

Sophomore Goalkeeper, Alex Kraver (above), has been a bright spot for the 1-5-1 Men's Soccer team. After missing four consecutive games due to injury, Kraver earned MASCAC Player of the Week honors with 16 saves in his past two games.

Jack Corsi
Voice Reporter

A record of 1-5-1 may not seem great at first glance. However, there have been plenty of games that could have gone the other way. Our Westfield State Men's soccer team has not had the most successful start to this season. But they have only laced up the cleats for 7 games, and there's still plenty of time to turn it all around.

Two games have gone to extra time, one loss and one tie that easily could have gone in the Owls favor. Along with three games that were decided by just one goal, they have had their chances but just couldn't cash in on them.

A huge bright spot came in the MASCAC opener, with a huge win on the road against Salem State. The Owls getting in the win column was a huge confidence booster heading into their MASCAC home opener against Fitchburg State. Fitchburg comes into this one at 2-4, so you could say this is a pretty big home opener. Both teams will try to jockey for position inside the conference.

Another big bright spot in the early season for the Owls is the goalkeeping play of sophomore Alex Kraver. Kraver was a huge piece to getting the Owls their first victory last week and has been solid throughout the season.

A huge save on a penalty kick during the second half of the MASCAC opener contributed to the win against Salem. Kraver has also posted a 0.82 goals against average over the last 2 games which is pretty remarkable.

It was this level of consistency that got him awarded the MASCAC player of the week.

A good scoring attack which should only improve as the season progresses. Especially with the momentum that coming off of that first victory, we could see an influx of scoring coming from all fronts for the Owls.

Statistically, the Owls offense has had a slow start however the number of players involved in the offense is promising. Opponents by a margin of 17-6 have outscored Westfield. A differential of that size needs to be improved if they want a successful season.

They're struggling with getting shots off in general, being out shot by almost double. Opponents have taken an impressive 128 shots to Westfield's 58. This has to be a point of emphasis moving forward.

Kraver has been a star thus far however he can only do so much to help the team. The offense needs to step up to give their sophomore goalie some comfortable leads to work with.

Saturday at noon is the next tilt for the Owls. They have a home field advantage as they take on the Fitchburg State Falcons. It should be a good one to watch.

Scores of Past Owls Athletics Events

Tuesday, September 1st
Field Hockey at Elms College W 7-0
M Soccer vs WNEU L 2-3 (OT)

Friday, September 4th
W VBall vs Elms College W 3-1
W VBall vs The Sage Colleges L 1-3
Football at Nichols W 44-21
M Soccer at Southern Maine L 0-1

Sunday, September 5th
W VBall vs SUNY Cobleskill W 3-1
M Soccer vs US Coast Guard Academy L 1-6
W Soccer vs Roger Williams University L 0-2

Monday, September 6th
W Soccer at Springfield College L 0-2

Wednesday, September 9th
Field Hockey at WNEU L 3-4
M Soccer vs Albertus Magnus College L 1-2
W Soccer at Castleton State College W 4-0
W VBall at Keene State L 0-3

Friday, September 11th
W VBall vs Clark University L 0-3
Football vs WNEU L 0-31

Saturday, September 12th
M Soccer at Springfield College L 0-4
W VBall vs ECSU L 1-3
W VBall at Trinity College L 0-3
M/W XC at Saratoga Invite 10th/15th Place
Field Hockey at Framingham State W 5-1
W Soccer vs ECSU L 0-1

Tuesday, September 15th
M Golf at MCLA Invite 3rd Place
M Soccer at Trinity College T 1-1 (2OT)
W VBall vs Mass. College of Liber Arts L 0-3

Wednesday, September 16th
Field Hockey vs Johnson & Wales W 2-1

Saturday, September 19th
W VBall vs Bay Path College W 3-0
M/W XC at UMass Dartmouth 11th/11th Place
W VBall vs Castleton University W 3-2
Field Hockey at Bridgewater State L 1-2
Football vs UMass Dartmouth L 41-48
M Soccer at Salem State University W 1-0
W Soccer vs Salem State University W 1-0

Tuesday, September 22nd
W Soccer at Simmons College W 1-0

Wednesday, September 23rd
Field Hockey at Castleton State L 1-2
W VBall vs Elms College W 3-0

Upcoming Owls Athletics Events

Saturday, September 26th
W Golf at Mount Holyoke Invite 10:00 a.m.
M Golf at Elms College Blazer Invite 10:00 a.m.
W VBall at Framingham State Univerity 11:00 a.m.
W VBall vs Suffolk University 1:00 p.m.
M Soccer vs Fitchburg State University 12:00 p.m.
Fild Hockey vs Southern Maine 3:30 p.m.
W Soccer at Fitchburg State University 5:00 p.m.

Tuesday, September 29th
Field Hockey vs Fitchburg State 7:00 p.m.

Wednesday, September 30th
M Golf at Westfield State Invite 11:00 a.m.
W VBall vs Salem State University 7:00 p.m.
M Soccer at Curry College 7:00 p.m.
W Soccer at Union College 7:00 p.m.

Interested in writing Sports for The Westfield Voice?
Contact Mike Barry:
mbarry7400@westfield.ma.edu

Rugby wins against New Blue in season opener

Andrew McIntosh
Voice Reporter

550 New Hall Street was the scene for the Westfield Owls Rugby club's season opener, and first win of the season over the New Blue of Quinnipiac 2912. After a disappointing end to the season, The Owls have gotten back on track towards their goal of being league champions.

2014/15 saw the team have their first regular season in over three years. Now it seems the Owls have their swagger back. Losing over 12 seniors and other starters to graduation and injury, the odds were stacked against the team coming into the weekend.

After the teams opening performance, those worries have been laid to rest and the sky is the limit for this team. The New Blue was hungry for payback in this contest, after losing on a goal line stand to the Owls last year.

Junior forward captain, James Maynard, led the team from the beginning along with back captain Jamie Arnao. It seems that this team has a tough mentality and grind out tenacity.

The Owls got down early in the game 50 due to multiple penalties but that changed during the second part of the first half.

The New Blue didn't have an answer for the back line's speed and game plan. It didn't matter who had the ball, it seemed that everyone was in tune and on the same page.

In rugby, unlike football, fighting for the extra yard is not the smart play. Rugby is a game of possession and the Owls game plan from the very beginning was keeping the ball in their hands.

It was clear that the Owls have some work to do. There were multiple times where they were pushed back 10 meters because of penalties and Quinnipiac was able to capitalized.

Dusting off the cobwebs was definitely something the Owls had to work out in the first 20 minutes. The team did show flashes of brilliance on offense and defense late in the game that will hopefully translate to the rest of the year.

Overall a very clean game was played by both teams. An old rugby saying is "it's a thugs game by played gentlemen", and watching this game you could see the competitive fire that both teams had.

The man of the match was Westfield's Craig Janjigian, and the flanker played larger than life.

Though undersized for his position, Janjigian was flying of off scrums, and making great runs as well as tackles.

The Owls have a short week of practice leading up to a game with Springfield College on their home turf this Friday night.

This is a huge game for the Owls considering that Springfield College beat them last year at home.

The stage has been set for a great contest and we will see if the Owls can take the momentum from last week into their upcoming match.

Volleyball hovers around .500 after 10 games

Westfield Senior Captain Casey Howe (13) makes a play at the net against MCLA last week. In nine matches, she has 32 sets and 2.22 kills per set. She had 16 kills and 22 points against Castleton, both season highs.

Tim Jaroche
Voice Reporter

The Women's volleyball team is 4-6 so far this season, with many close matches that could have gone either way.

Leading the team in kills is senior Kendyl Haney with 65. Freshman Lizzie Taylor leads the team with 151 digs, senior Casey Howe leads in blocks with 14, and with 132 assists sophomore Brigid Murray leads the team.

The owls started off well winning 2 out of their first 3 games at Elms College in Chicopee, MA. Versus Elms they won the 1st set 25-15, lost the 2nd set 25-18, and handled the next two sets with a score of 25-14, and 25-15. Shortly after that game ended, they faced The Sage Colleges from Albany, NY. The lady Owls carried momentum into the first set winning by a score of 25- 20. Unfortunately, they couldn't keep it up throughout the next two sets, losing 25-13, 25-13, and 25-14.

The next day they returned to Chicopee to go up against SUNY Cobleskill, who won in a close first set, 25-23. However the Owls had enough and took the next three sets by scores of 25-14, 25-23, and 25-16. Keene State would present a challenge a few days later. They won the first three sets by scores of 25-19, 25-14, and 25-16.

That weekend the Owls had three more games, one on Saturday and two on Sunday. On Saturday evening, a valiant effort was put forth, however, the Owls were topped in three straight sets by Clark University. Scores were 25-17, 25-19, and 25-16.

The next day there first match was against Eastern Connecticut. They lost in four sets, however two points decided three of them. Such close finishes show that the games could have easily gone the Owls way, if only two plays went differently.

The final match of the weekend saw the Owls lose three straight sets to the home team Trinity College. Note that this game was played immediately after the intense 4 set match versus Eastern Connecticut. Had the team had a reasonable enough amount of time to rest, there's a good chance the outcome would have been much closer.

The team's first official MASCAC game was played on Tuesday, September 15th at home, versus Massachusetts College of Liberal Arts. This match was a thriller that went down to the wire of every set. Unfortunately, our Owls were on the wrong side of the final outcome, losing three sets to none. The scores of these sets were 29-27, 25-20, and 28-26.

After the close loss, the team put it behind them and has since won its past two games. These were played over this past weekend at Holyoke Community College, where they defeated Castleton University and Bay Path College.

Versus Castleton, it went the distance, with Westfield winning the first set 25-15, second set 25-15, and the fifth set 15-3. Versus Bay Path they won three straight sets with scores of 25-14, 25-15, and 25-14.

This Wednesday they face Elms College at home, and this coming weekend in Framingham, they will play Framingham State and Suffolk University in a doubleheader.

Sports From Carlin's Couch

The woes of a Fantasy Football rookie

D'Angelo Williams of the Pittsburgh Steelers has had a hot fantasy start, but expect his production to diminish with the return of Le'Veon Bell from his two game suspension.

Matthew Carlin
Managing Editor

All right everyone let me start off and saying this is not a parody or satire. I am truly this uneducated about fantasy football and just football in general.

I first started with my fantasy league being unable to draft my own team since I had a prior meeting to attend to. This lead to one of my friends to picking for me and as I later found out... it could have been worse. The two quarterbacks that I "drafted" apparently were Matthew Stafford and Jay Cutler... I mean Jay Cutler?! I may be stupid, but I am not THAT stupid!

Jay Cutler is probably one of the most mediocre quarterbacks in the league, Stafford has some great skills but lacks the support to be an over the top QB. Sadly it still wasn't enough to compare against Tom Brady or Carson Palmer (who I later acquired).

So to set to tone, since I was unable to draft my team I became upset and almost gave up before I started—I never looked at my team the first week and didn't even bother checking half way through the second week.

Then out of nowhere I logged in and saw that I was 1-1 currently tied for third place in my league. I immediately started researching for help and trying my own hand at this... something I should not have done.

I dropped Jay cutler (a great choice in itself) and picked up DeAngelo Williams, which is silly because Williams probably wont see a single snap this week due to the return of one his teammates. Though to my defense all I looked at was total fantasy points and figured on average he would be a better "fit" for my team.

Then I looked at the point difference between the guy and me I lost to (who ended up being the father of one of my friends) and I tried to make it up in with waiver pick-ups.

From there I picked up Carson Palmer, Larry Fitzgerald and Brandon McManus. How will these new additions fare this week? The "guru" has predicted not as well as I would hope, but I will have faith!

I mean this is the first time I have ever been in any sort of competitive fantasy league, the most I have ever done before was betting on a game here and there or just on a player's performance.

Before Tuesday night, I had no idea how "waivers" worked or that there were league specific options the manager could enable or disable that awards points.

So when I do research on players, the most optimal choice might not be the best for me depending on how the league is set up.

Since my loss to my league's current leader I have been going into overdrive to make up for lost time. Of course I am relying on my roommates and friends that have done this before.

With out them I would be playing Williams as one of my RB's or would of kept most of my team from the Cardinals.

I still have no idea how these "Fantasy points" are earned by players or how to accurately predict any sort of performance of individual plays in such categories I am still watching these week's games with added anticipation and emotion.

I hope that by yelling and screaming enough my fantasy team might actually do good...I will keep you posted as this misguided sports fan continues to provide excellent Fantasy Football coverage.

Interested in writing Sports for The Westfield Voice?

Contact Mike Barry:

mbarry7400@westfield.ma.edu

Early NFL season creates questions about playoff teams

The Indianapolis Colts and Quarterback Andrew Luck have had a slow start to the 2015 season. Since 2009, only 4% of teams that have started 0-2 have made the postseason, but the Colts organization and fans continue to have hope. The Colts are not the only playoff team to start 0-2 as the Seahawks have suffered the same fate through two weeks.

Michael Barry
Sports Editor

We're just two weeks into the 2015 NFL season and there's already so much to talk about. After the hectic off-season, regarding the "deflategate" saga, it's refreshing to actually be able to talk about the play on the field.

The biggest story in the NFL right now is the Indianapolis Colts. Now 0-2 after a rough loss to the New York Jets on Monday Night Football, people are beginning to question whether or not this team is for real.

The Colts came into this season as almost every "experts" pick to come out of the AFC. Making it to the AFC title game last year, it seemed like they were ready to break through as the team to beat in the league.

Quarterback Andrew Luck was predicted to have an MVP type season after the additions of Frank Gore and Andre Johnson.

Now that the team is 0-2, there is speculation that there are some behind the scenes issues between head coach Chuck Pagano, and general manager Ryan Grigson.

Pagano is the only coach in the NFL who makes less than a million dollars a year.

On top of that, there are rumblings that Pagano is unhappy with the free agent moves made by Grigson since he has been general manager.

The Colts offensive line has been a weak spot for the team the past few years. For whatever reason, the team has failed to make any serious moves to improve it.

Pagano spoke out about this in his post game press conference this past Monday saying "Been the case for 3 years now, has it not? Should be more than comfortable dealing with it" when asked about Luck being constantly pressured.

It seems like there will be a lot more interesting stories to come out of Indianapolis as the year goes on.

Injuries have been another major story in the league so far. Particularly, the crushing losses of Dez Bryant and Tony Romo to the Dallas Cowboys.

Bryant is out 8-10 weeks with a broken bone in his foot while Romo suffered a sprained right clavicle. His injury timetable is 8 weeks as well.

It's no secret that Romo and Bryant are the two best players on the Cowboys offense.

Without them, the team is going to most likely struggle. Journeyman quarter back Matt Cassell, was signed by the Cowboys to start in Romo's place.

As far as the New England Patriots are concerned, it looks like all of the off-season drama has been a serious motivator.

Starting a red hot 2-0, the pats have been firing on all cylinders.

Quarter back Tom Brady, who was the center of a ridiculous cheating scandal this off-season, has been borderline perfect in the first two games of the season.

Putting up 754 yards passing, 7 touchdowns and no interceptions, Brady is off to a better statistical start than he was in 2007, when he set the NFL single season touchdown record.

When you factor in that Brady is doing all of this at the age of 38, you can't do anything but be impressed.

Other notable stories so far are the New York Jets' 2-0 start, as well as the Philidelphia Eagles starting 0-2.

If asked before the season started where these two teams would be, it's fair to say most people would assume they'd be in opposite places.

The season is still extremely young and just about everything can change. It should be an exciting one to follow.

Games & Leisure

	6	9		1				
2			5	4		9		
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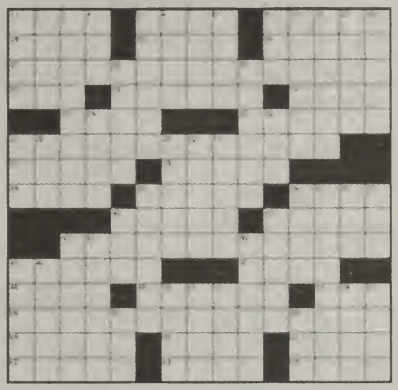
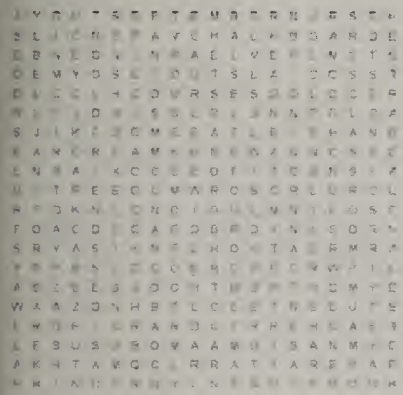


Across
1. Wearing footwear
5. Broadway performer
10. Lather
14. Easy stride
15. Call up
16. Spot of land
17. Small bills
18. VCR remote button
19. Snail-like
20. Spending for a pol's pet project
22. Garden tools
23. Chalkboard accessory
24. Sugar amts.
26. Canvas shelter
29. On the ocean
33. High-school subject
37. Piece of lettuce
39. Young horses
40. Impressive grouping
42. Without exception
43. Group of Girl Scouts
44. San Antonio shrine
45. Rip up
47. Longings
48. Peter Rabbit's sibling
49. Barbecue rod
51. Prepare, as a salad
54. Cooks, as a chicken
59. Partially open
62. Ragtime dance
65. Moore of movies
66. Literary device
67. Rabbit relative
68. Biblical paradise
69. Dike
70. Sicilian mount
71. Belt out a tune
72. Genealogy charts
73. Paper purchase

Down
1. Skiing surface
2. Pay tribute to
3. Musical drama
4. Where workers sit
5. Clothing
6. Burn slightly
7. Guided vacation
8. Beginning
9. Fishing-line holders
10. Exaggerated yarn
11. Norway's largest city
12. Lotion ingredient
13. Kitty cries
21. Gamble
25. Negotiated agreement
27. Tidy
28. Narrative stories
30. Gin flavoring
31. Town on the Thames
32. Poisonous snakes
33. "Just the facts, __"
34. Folk singer Guthrie
35. Golf hazard
36. Upper leg muscle
38. Envelope part
41. Toy on a string
46. Steakhouse offerings
50. Attempt
52. Circus clown's lifter
53. More likely
55. Multiple-choice option
56. Angry
57. "__ Doone"
58. Water vapor
59. Fruity drinks
60. "Star Wars" knight
61. Prayer ending
63. Wander around
64. Leg joint

Maze

Back to School



ASSIGNMENTS
BACKPACK
BATHROOM
BELL
BINDER
CAFETERIA
CHALKBOARD
CLASSROOM
CLOCK
COURSES
DESK
DOORS
ENROLL
ERASER
EXAMS
FIRST DAY
GYMNASIUM
HALLWAY
HOMEWORK
INTERCOM
JANITOR
LANGUAGE ARTS
LEARNING
LIBRARY
LOCKER
MATH
NEW FRIENDS
NOTEBOOK
NURSE
OLD FRIENDS
PADLOCK
PAPER
PENCILS
PENS
PRINCIPAL
QUIZZES
ROLL CALL
RULES
SCHOOL BUS
SCHOOL OFFICE
SCHOOLYARD
SCIENCE
SECRETARY
SEPTEMBER
SOCIAL STUDIES
STUDENT
STUDY
TEACHER
LUNCHROOM

Horoscopes

Aries
(March 21 - April 20)
You will be taking a trip this week when you fall down the stairs. Stay away from staircases and take the elevator.

Taurus
(April 21 - May 21)
Avoid Cancers this week, Taurus. They only want to be friends with you for your money.
(May 22 - June 21)
You need a new exciting surprise in your life. Try sustaining a diet on the DC deli and stock up on toilet paper.

Cancer
(June 22 - July 22)
You will be facing some monetary issues this week. Tauruses are always very generous when it comes to loans...

Leo
(July 23 - August 23)
Your esteem is about to skyrocket this week. Considering your achievements (or lack thereof)--do you really think this ego boost is warranted?

Virgo
(August 24 - September 22)
The promotion and love interest you've had your eye on are within the grasp of your arch nemesis.

Libra
(September 23 - October 22)
Making new friends is always fun, but the position of Jupiter suggests you refrain from giving them that thirty-six page "One Week Friendship Anniversary" scrapbook you made.

Scorpio
(October 23 - November 21)
You will face some a tiff in your medical life this week. Your doctor is really out to get you.

Sagittarius
(November 22 - December 21)
All of your pesky habits are detrimental to your health. The stars would suggest you overcome them, but they know you're too weak to do so.

Capricorn
(December 21 - January 20)
All Capricorns exhibit traits similar to those of their fathers. It's time to stop fighting your destiny and enroll in clown training.

Aquarius
(January 21 - February 19)
Avoid fraternizing with all Libras who have been recently diagnosed with West Nile Virus.

Pisces
(February 20 - March 20)
The stars are bursting with predictions for every sign other than your own, Pisces.

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Date	Time	Event Name	Location
Now—Oct 17		Nature Up Close With John Coll	Arno Maris Gallery, Ely
09 26	Open	Muslim Student Community Time (9/26, 9/29, 10/1)	Interfaith Center
09 26	12 p	Men's Soccer vs. Fitchburg State	Alumni Field
09 26	3:30 pm	Field Hockey vs. Southern Maine	Alumni Field
09 27	11 am	Mass	Interfaith Chapel
09 27	2-4 pm	Muslim Open Discussions/Issues	Interfaith Center
09 28	10am-2pm	Muslim Office Hours	Interfaith Center
09 28	11am-2pm	Deep River Snacks Sampling	Marketplace
09 28	12:30 pm	Catherine Dower Student Recital Series (CDSRS)	Dever Auditorium
09 28	4 pm	International/Intercultural Club—Every Monday	SGA Clubroom, E021
09 28	6:30 pm	Circle K Club—Every Monday	Dickinson Common Rm
09 29	4 pm	Liturgical Ministries Training For Eucharistic Ministers/Readers	Interfaith Center
09 29	3-6 pm	Meditation & Contemplative Practice Group	Interfaith Center
09 29	All Day	National Coffee Day	Sodexo Locations
09 29	7 pm	Field Hockey vs. Fitchburg State	Alumni Field
09 29	7 pm	Christian Fellowship	Interfaith Center
09 30	5:30 pm	Student vs. Food—(Sign-up at check-ins at the DC)	Dining Commons
09 30	1:30 pm	Info Session: Internship Program/Academic Seminar	Owl's Nest
09 30	2:30 pm	Info Session: Internship Program/Academic Seminar	Owl's Nest
09 30	4:30 pm	Communication Club Meeting—Every Wednesday	Ely 3rd Floor Lounge
09 30	7 pm	Active Minds Club Meeting—Every Wednesday	Ely 021
09 30	7 pm	Bible Study	Interfaith Center
10 01	7 pm	Newman Club	Interfaith Center
10 01	11 am	Pet Therapy	Ely Green/Campus Ctr.
10 02	3:30 pm	Yoga (Open To All WSU Fac/Staff & Students	Ely Fitness Center

John Coll, Now-Oct 17

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Father Dean's Dining Hall
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Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
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The Westfield Voice

FRIDAY, OCTOBER 2, 2015

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@westfieldvoice

Full SGA senate assembles for first time as Connolly sworn in to Board

Ryan Caulfield
SGA Correspondent

A full Student Government Association senate assembled on Sept. 20 for the first time this academic year, making their longest and most productive meeting so far. Before the meeting began, Justin Connolly, student trustee, was sworn in to the Board of Higher Education's student trustee position by Richard Sullivan. Justin raised his right hand and promised to uphold the constitution of the United States, carry out his duty for the University, and to be resolute in his work.

The room erupted in applause. Connolly thanked the SGA and said that being sworn in gives him a great opportunity. "I am your direct voice to the Board of Trustees. I implore you to talk to me if you want to know or discuss issues about the Board because that is what I am here to do and I am ready to do it," Connolly said.

Evelyn Dina, president of the SGA, began her routine report by welcoming Dr. Carlton Pickron, vice president of student affairs, to speak to the new class of 2019, commuter council, and residential hall senators. He said the office of the dean of students and office of the vice president of the student affairs both welcome back a full SGA senate in session.

Pickron then quizzed the SGA about Westfield State University, asking them for the full date the University opened its doors and its motto. Sept. 4 1839 was when the University officially opened and started teaching students. Morgan Suddeth, representative of the class of 2017, said 1839 but did not know the day. "Take great pride in your history," Pickron said.

Justin Connolly of the class of 2016 was sworn in to the Board of Higher Education's student trustee position during Tuesday night's Student Government meeting. After thanking his fellow SGA members, faculty, and family, he implored the campus to seek him out for any and all issues relating to the Board.

None of the senators knew the school motto, "Knowledge seeks wisdom and merit," which students created in 1969. "I know you didn't come here to hear any of that," Pickron said, "but it's important because we do not know it. I want you to know where we came from, who we are as an institution, and be proud of that information."

Dina reclaimed the podium and used her presidential powers to accept the class of 2019 and hall council election results for the 2015/2016 academic year. She also appointed Allison Bancroft as the representative to the student athletic advisory council for the 2015 fall semester. She lastly motioned to appoint Lesley Campbell as the commuter council president for the 2015/2016 academic year.

Every new SGA council approves a new parliamentarian who sits with the executive board to implement the Robert's Rule of Order so that the SGA can correctly conduct meetings. The two nominated senators were Rose Ferrar, representative-at-large, and Ryan Losco, president of the class of 2016. Ryan Losco won the majority vote and is now the parliamentarian for the academic year.

There was also a vote to nominate four students—one from each class—to sit on the Rules and Regulations Committee, which is run by the parliamentarian. The four winners were as follows: Sara Palis, representative for the class of 2016, Andrew Morin, president of the class of 2017, Madison Creamer, president of the class of

see **CAULFIELD** *on page two*

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Brady 400

The objective student press of Westfield State University

VOLUME VII, ISSUE II

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, OCTOBER 2, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
Student Goverment Association leaders announced the importance of having the undergraduate senate be more transparent with the student body, and this being a major goal for the upcoming semester.

The Harvard Crimson,
HARVARD UNIVERSTIY
Cambridge locals and hundreds of students gathered on Sunday to watch the super blood moon. Students gathered in the Astronomy Lab, Loomis-Michael Obervatoryand Clay Telescope to watch the rare phenomenon that will not occur again until 2033.

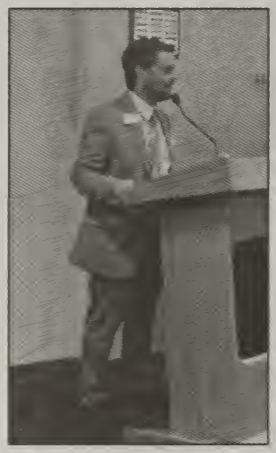
The Daily Campus,
UNIV. OF CONNECTICUT
The UConn Department of Recreational services announced plans to build a $100 million recreation facility by 2019. A Student Recreation Advisory Committee was created as a part of this process and is looking for four new members.

The Daily Orange,
SYRACUSE UNIVERSITY
SU's 13th annual Human Rights film festival took place last week and featured films involving different human rights issues.

From The Front Page

2018, and Marcus DiBacco, representative of the class of 2019.

Morin was tied in votes with Jon Cubetus, vice president of academic life, but when Cubetus learned this he did not contest the tie and bowed out for Morin to easily win. Connolly gave a small report updating the information on the Presidential Search Advisory Committee.



Justin Connolly, student trustee, stands at the podium after his swearing in.

He did not announce the names of the candidates, only the times for the open forum and interviews on campus, but an email was sent to all students and faculty later on that evening regarding the names. The email contained the names of the prospective candidates: Dr. Damian J. Fernandez, Dr. Ramon S. Torrecilha, and Dr. Linda Vaden-Goad.

Mathew Carlin, vice president of student life, called for heavy SGA involvement for the open forums with the candidates to get students involved with the process.

Andrew Manchino, representative to the class of 2017, reported on the Food Committee, saying Sodexo will address hunger on campus with an event on Oct. 16. Manchino also addressed apple complaints in the dining commons. He said the Food and Drug Administration has new rules regarding fruits with no peel on them unlike bananas and oranges. The DC, he said, has been keeping their apples behind the counters to prevent germs spreading from apple to apple when people grab them.

A bowl of apples with tongs has been more popular with students rather than asking for one at a counter, he said. Manchino ended by stressing that the, "my zone," section of the DC, which has its own fridge and microwave, is really only used for people with food allergies.

"If you are going to put your own food in there, you have to tell somebody because in reality you could kill someone. Think about your other classmates." The "my zone," is located to the left of the conveyor belt where people place their dishes.

Brendan McKee, executive secretary, announced that 21.48% of the class of 2019 voted in the class elections, which surpassed the goal of 15%. He thanked the class of 2019 for the competitive race and Andrew Morin, last year's executive secretary, for giving him strong advice.

Morin told the SGA he still has not confirmed a date for the Mr. Westfield Pageant; however, he did announce that Haley Batchelder, vice president of programming, and Justin Connolly would be the hosts of the pageant.

The next meeting of the Student Government Association will be Oct. 6 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

Do you want to be a part of something BIG and make a difference?

Come to a Mr. Westfield Interest Meeting!!

Tues, Sept 29 @ 8pm

Mon, Oct 5 @ 8pm

in the SGA room (Ely, garden level)

See you there!!

Go Global may have the study abroad program for you!

Haley Batchelder
Voice Columnist

PHOTOS PROVIDED BY NANCY BATCHELDER

True or False? It is possible to study abroad for a semester and pay the same tuition as you would for a semester at Westfield State University campus.

This is in fact true! This opportunity is offered through the International Office's Direct Enrollment Program. How is this possible, you ask? Westfield State University has partnered with a number of universities around the world in order to allow WSU students to attend their school at a discounted price, thus further enhancing their college experiences.

While the International Office offers students countless opportunities to study abroad, there are five distinct locations around the world that are involved with Westfield's Direct Enrollment Program.

So where can you travel through Direct Enrollment?

The first school to check out is Dublin Business School in Dublin, Ireland. DBS allows students to spend 16 weeks taking courses that further their professional goals and enrich their knowledge on Irish culture.

Beyond the classroom, students are able to live with an Irish host family and spend time both exploring the historic city of Dublin and meandering through the classic mountainsides that Ireland has to offer.

The next school to check out is Edge Hill University in Ormskirk, England. Located in-between Liverpool and Manchester, Edge Hill has a classic, beautiful campus green feel that has proven to be extremely popular among Westfield State students ranging over a large variety of majors. With close access to the national road and rail network, Edge Hill University is in the perfect location to experience a wide array of European cultures.

Are you into the arts?

Then take a look at Florence University of the Arts! Located in the heart of Florence, Italy, FUA combines multiple schools into one university, attracting students interested in a wide variety of majors and career paths. If you've always wanted to explore historic Italy and embrace all of its culture, FUA may be the perfect fit!

If you're looking to study in the more rural parts of Italy, then you may want to take a look at The Umbra Institute in Perugia, Italy. Seated on the hills of Italy, this campus overlooks the city from afar while offering World-class academics to all students who choose to attend.

Is one destination to study abroad just not enough for you?

If so, then check out the final Direct Enrollment Program offered by the International Programs Office: a Semester at Sea. Over the course of a semester, students will embark on a journey living on a boat and visiting numerous locations while experiencing countless cultures around the world in order to enrich their knowledge of the world around them.

If any of these five programs intrigue you, keep an eye out! Future articles will highlight each of these individual universities and programs, as students that have traveled through the Direct Enrollment Program share their experiences.

With any other questions, feel free to visit the International Programs Office in the Parenzo Lobby or check out the webpage at www.westfield.ma.edu/academics/study-abroad.

RESIDENCE HALL ASSOCIATION

RHA holds first general board meeting of the year

Gina Muller
Layout and Design Editor

The Residence Hall Association held its first general board meeting of the year last Thursday.

During the meeting, which was led by executive board president Brendan McKee, representatives from each residence hall, with the exception of the Apartment Complex, Scanlon Hall, and Dickinson Hall, attended and discussed upcoming events and issues.

Hall Council meeting times were established for the residence halls that attended the meeting.

New Hall will meet at 8:30 p.m. on Wednesdays, Lammers Hall will meet at 5:30 p.m. on Wednesdays, Davis Hall will meet at 5 p.m. on Wednesdays, and Courtney Hall will meet at 9:00 p.m. on Tuesdays.

Due to the absence of hall council members from the Apartment Complex, Dickinson Hall, and Scanlon Hall, meeting times for those halls have not yet been established.

Also, movies will now be shown on channels 81 and 82 on campus.

Each month, RHA will vote on the movies that will be shown. Each present member of hall council voted on October's featured the movies. The movies that were chosen include: Furious 7, Mad Max: Fury Road, Pitch Perfect 2, 42, A League of Their Own, Moneyball, The Cabin in the Woods, Ghostbusters, The Ring, Shutter Island, American Psycho, and The Silver Linings Playbook.

The success of the Minute-To-Win-It fried Oreos event RHA put on at the beginning of September was also discussed during the meeting.

Over 200 students showed up and participated in the event. Students stacked cups, sorted M&Ms with their noses, and ate vanilla wafers without using their hands—all trying to win fried Oreos that were made by Executive Board members Lauren Grams, vice president, and Samantha Geissler, treasurer.

A member of the RHA executive board led each game's table. Amy MacDonald, programming chair, and Gina Muller, secretary, led the table for cup stacking.

Emily Butynski, national communications coordinator, led the table for the M&M sorting, and Brendan McKee, president, and Eileen Shaw, national communications coordinator in training, led the table for eating the vanilla wafers.

"The Minute-To-Win-It games were sucessful because they were not too much of a time commitment. The fast-paced nature of the games is what I think drew people in," Shaw said.

The objective of the games was to complete the task before the other opponent in under a minute. The winner would receive two fried Oreos. The loser would only get one.

During the meeting, President Brendan McKee said that the event was a success overall and a good way to start the year.

The mission statement of the Residence Hall Association (RHA) is to build a community among on-campus residents, to increase communication between hall councils, and to enhance the experience of residential students and residence assistants through programming and support; furthermore, the RHA will support hall councils though training, funding, and programming.

Lauren Grams and Sam Geissler make fried oreos as part of the Minute To Win It event put on behalf of the Residence Hall Association. Almost 200 students attended, played games and ate fried Oreos.

Additionally, the Residence Hall Associaation serves as a resource for hall council and resident assistants to offer support and assistance when need be.

The Residence Hall Association, aside from executive board members, is comprised of residence assistants, residence directors, general body members, and hall council representatives who are also part of the Student Government Association.

The next RHA general board meeting will take place Oct. 8 at 6 p.m. General board meetings are held every other Thursday. Executive board meetings are held at 6 p.m. on days that general board meets, and 7 p.m. on days the general board does not meet.

WSU Foundation ensures excellence for over 35 years

From news release

PHOTO PROVIDED BY MOLLY WATSON

The Westfield State Foundation presents the Lifetime Owls Scholarship check. Left to right: John Torrone '00 Foundation Chair, Brandon Trafford '17, Foundation student director, Westfield State President Elizabeth Preston, Matt Carlin '17, corporator, Evelyn Dina '16, SGA president, Kathi Bradford, Director of Alumni Relations, Michael Knapik, executive director of Advancement and University Relations.

As the Westfield State University Foundation celebrates its 35th anniversary, the organization continues to grow stronger, with a 40 percent increase in fundraising and 140 percent increase in donor participation within the last year alone.

Foundation Board Chair Robin Jensen said the organization's continued success is due to a strong collaboration amongst a dedicated team.

"I am deeply indebted to our all-volunteer Board of Directors and corporators, Interim President Elizabeth Preston, and the staff of the Foundation, all of whom demonstrate a powerful commitment to the university's mission of scholarship and service," Jensen said.

The Foundation held its annual meeting earlier this month and announced that last year was a record high for student support with more than $220,000 awarded in scholarships to Westfield State students. In addition, the Foundation matched the Commonwealth's Internship Fundraising challenge, which has made more than $450,000 available to students for paid internships since the program's inception three years ago.

"We're pleased to offer students a way to gain valuable work experience through internships without the financial concerns," said Michael Knapik, executive director of Advancement and University Relations.

Three students who have received scholarships through the Foundation were recognized at the meeting: Tara Budrewicz '17 of Southampton, Keri Jung '16 of Westfield, and Samantha Mangano '15 of Rowley, Mass. Budrewicz is a nursing major who works at the university's Banacos Academic Center tutoring students in science and providing services to students with disabilities. Jung works full-time as an emergency room veterinary technician and is conducting research on campus under the guidance of Dr. Robin White of the biology department. Over the summer, Mangano completed a full-time, ten week internship in the Sexual Assault Unit of the Metropolitan Police Department in Washington D.C.

The 2015 Foundation Stewardship Award was given to Robert Goyette. One of the first directors of the Westfield State Foundation, Goyette and his company Heritage Homes of Westfield built the Albert and Amelia Ferst Interfaith Center, the Foundation's first project. Goyette and Heritage Homes recently completed renovations to the Interfaith Center, which has allowed for more interfaith programming.

New donor initiatives launched this year include the establishment of the Horace Mann Legacy Society and the 35 for 35 Campaign. The Horace Mann Legacy Society was established to honor Mann's spirit of scholarship and service. Individuals who honor Westfield State University with a planned gift will be granted membership., Membership includes invitations to the Horace Mann Legacy Society dinner with the president of the university and to "Sweet Success," the Foundation's annual donor appreciation event, a commemorative Horace Mann Legacy Society pin, and regular updates and reports noting advancements at the university and how donor intentions are being met.

In honor of its 35th anniversary, the Foundation also launched the 35 for 35 Campaign, which seeks to find 35 individuals during the Foundation's anniversary year who will enrich Westfield State through planned giving.

During the meeting, the Foundation introduced the newly established Lifetime Owls scholarship. Created in 2012, Lifetime Owls lifetime membership program in which alumni, students, or parents pay a one-time fee of either $75 or $100 to remain connected to the university. Membership benefits include discounted or free entry to valid campus, local, and state-wide events, 20 percent off at the Alumni Store, and the invitation to participate in special campus events. Ten percent of each membership fee is placed into the endowed scholarship fund, which now totals $116,000. The scholarships will be awarded starting in the spring and to be eligible, students must have a Lifetime Owls membership.

The Foundation announced 10 new coporators who will serve during the 2015-2018 term: Atty. Gina M. Barry '96, attorney at Bacon Wilson, P.C.; Joshua T. Clark '15, student teacher at Chicopee Public Schools; Jennifer L. DeBarge '97, assistant vice president of marketing and community relations at United Bank; Joshua M. Frank, recruitment and marketing manager at New England Geriatrics; Kenneth R. Haar, associate professor of education technology; Leslie J. Lambert '92, sales associate at Park Square Realty; Mary E. Larrivee '70, founder of Children's House Incorporated; John P. Morizio '75, owner of Century 21 Hometown Associates; Dr. Isabelina Rodriguez '85, special education bureau chief for the State of Connecticut's Department of Education; and Jennifer D. Willard '94, human resources director of Westfield Public Schools.

The Westfield State Foundation fuels the university's effort to change lives. Classified as a tax-exempt 501 (c)(3) organization by the IRS, the Foundation effectively raises funds and carefully manages charitable gifts for the support of the university. Working with the university and other partners, the Foundation operates under the leadership of a board that's made up of respected community professionals and alumni whose purpose it is to support the university through active fundraising and advocacy.

from the voice vault

*This article was published in the **April 24, 2000** issue of* The Campus Voice.

Habitat for Humanity serves dinner and a house

On April 9, the volunteers of Greater Westfield gathered for a dinner of fellowship in the First United Methodist Church on Court St.The Greater Westfield Chapter of Habitat for Humanity was celebrating the advances being made on their mission in the construction of a house on Holland Ave. This mission that each week is closer to being completed.

This mission could not be more fulfilling: to allow people to have homes that otherwise would not be unable to afford them. So many times in life we take our housing for granted. We need to acknowledge how humans need housing in order to meet their emotional, physical and spiritual needs. Housing is such a basic necessity that in our satisfaction with our own housing we can forget those that want and need a house tremendously, but cannot have one do to issues beyond their control.

Presently the major projects that need to be done on the house are plumbing, putting the roof on and giving electricity. In the mean time its volunteers continue to be recruited and to do projects great and small to improve or develop the house. Two doors have recently been installed in the house. Great progress has been through the winter and early spring due to the consistent efforts of its me~r.bers. Volunteers are still welcome to participate in the construction of the first house built by the Greater Westfield chapter of habitat for humanity.

Presently the students of Westfield State College are in the process of becoming a full-fledged organization by working with the student government. The group will be holding a meeting on April 18 to organize a carwash that will be held on April 29th The proceeds from the carwash will find use either in Westfield or beyond.

There is an unlimited amount of potential for the campus and local chapter. There is the opportunity for people getting involved with the Habitat chapter in Westfield to meet many interesting people, travel to distant places, learn some construction skills and to leave Westfield with the memory of how grateful and satisfied the new residents are to have their own housing.

-File Photo

Eager Habitat for Humanity volunteers donate their time and efforts

The Greater Westfield Habitat Chapter urges any student interested to get involved on the building committee or another committee. To get involved Students can contact: President Marie Elwell (x7546), Vice President: Kristy Hall (x7220) or Secretary: Meghan Witherell (x7108). There is much to be gained from the opportunity of The Greater Westfield Chapter of Habitat for Humanity.

Thanks,
Peter Costas

*This article was published in the **March 1, 1979** issue of* The Westfield State Owl.

State College System Bias?

An investigation by the Board of Higher Education (BHE) into the possibility of the Massachusetts State College System violating it's own affirmative action program has resulted in a citation for failing to provide equal opportunity for minorities and women in the recent appointment of Westfield State College President Francis Pilecki.

The Board of Higher Education Executive Committee voted on Friday, February 16, to inform State College Chancellor James Hammond of their intention to forward copies of the citation to state and federal civil rights agencies. The move could result in the loss of federal funds to the State College System. However, the BHE is not expected to take any action for at least thirty days, during which time Hammond has the right to call for a public hearing on the matter. It is also expected that negotiations between the Board of Higher Education Chancellor Edward McGuire and James Hammond will be conducted during this period.

While the BHE contends that the group of candidates from which the president was appointed failed to sufficiently represent the general population, the State College Board argues that they compiled with their own affirmative action guidelines which allows promotion from within the system without conducting a search. According to a college spokesman the matter is being dealt with solely on state and federal levels and is "out of the hands" of college officials.

The investigation was initiated at the recommendation of the Affirmative Action Advisory Committee for higher education in the state in mid-December last year, shortly after the Westfield State College Student Senate sent a letter to the Massachusetts State College Board of Trustees. The letter questioned the lack of student input and compliance with affirmative action guidelines in the selection of a president at WSC. At that time Student Senate President Gregory DeFronzo was quoted as saying that "we are not stating any reservations about the President-elect at Westfield State College, we are simply requesting that the student's voice and opinion be respected in the future among members of the Board and college administrators."

Deputy Chancellor Lawrence Quigley, president of WSC at the time, later told the student senate that the State College Board had chosen the new president from within the system because they "wanted to be sure of that kind of leadership at Westfield State."

Early in January the State College Board Chairman George Ellison voiced his opinion concerning the Board of Higher Education's jurisdiction in the case. "I question their right to comment on it," he said, "who gave them the right to investigate anything?" His words have since been echoed repeatedly by local press in connection with the alleged violation.

Meanwhile, Westfield State College's new affirmative action committee met last Thursday with Jeff Stetson, the Affirmative Action Officer for the State College System, in a meeting that was described as being primarily "organizational" in an effort to comply with the State College System's new affirmative action policy that was approved last year. According to Susan Goulding, the Affirmative Action Officer at Westfield State, the meeting resulted in the appointment of Prof. George Psychas to the post of chairman of the committee, Donald Ford as vice-chairman, and Kathy Higgins as recorder. Gina Hopkins was delegated as a student representative. Goulding said that the committee "looks forward to full representation by students at the recommendation of the Student Senate." The committee is required to maintain three student representatives.

Want to see more stuff from the voice vault?

Contact **Andrew Burke**, editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice**.

opinions & editorials

FRIDAY, OCTOBER 2, 2015 RACE RUGH, EDITOR

THE CONSERVATIVE VIEW

China rising: The United States welcomes peaceful negotiation

Matthew Carlin
Managing Editor

President Obama spoke openly during a visit by China's President, Xi Jinping, to the United States earlier in September regarding what is considered as "The Rise of China." The visit from President Xi came after a long period of what can only be described as Chinese aggression.

As I have mentioned in previous articles, China has conducted military exercises that pentagon officials have considered "aggressive." On Sept. 15, a Chinese jet performed an "unsafe maneuver" in front of a US reconnaissance plane near the Shandong peninsula.

Photos have surfaced showing a Chinese-affiliated jet flying directly in front of the US reconnaissance plane in an unsafe manner. On Sept. 2 there was another controversy after the Pentagon reported that several Chinese naval vessels were spotted in the Bering Sea off the coast of Alaska.

PHOTO FROM AFL.ORG

Of course, these ships were sailing in international waters but still seemed to trip alarms in the Pentagon. Captain Jeff Davis spoke on behalf of the Pentagon when he said it was the first time the United States had seen Chinese naval vessels sailing in the Bering Sea.

He added that, "We [the United States] respect the freedom of all nations to operate military vessels in international waters in accordance with international law."

This is only another example of the overreach and rapid "militarization" of the Chinese armed forces.

Reuters reported this after reaching out to Dean Cheng, a China expert in Washington D.C, who said of the naval incident, "It is living up to what the Chinese have been saying, 'We are now a blue water navy. We will operate in the far sears and we are a global presence.'"

Besides military provocations there is the detainment of a US citizen on the charges of espionage and endangering the "national security of the people's republic." This has been a side conversation at every US-China diplomatic meeting for the past few weeks, but it has seen very little progress. China is the second largest economy in the world and is seeing continual growth in GDP annually. Due to the melting ice in the sea, activity in the Arctic has been increasing rapidly.

China has been one of the nations seeking to increase activity in the Arctic, which is considered an important "commercial" interest. It has been suggested that using the Arctic would save Chinese companies both time and money on shipping costs.

"The United States welcomes the rise of a China that is peaceful, stable, prosperous and a responsible player in global affairs."

These words are repeated every time President Obama welcomes a Chinese dignitary. Now this may be just a formal welcome, but a lot can be read into Obama's careful wording.

The United States is not willing to work with a China that is not peaceful and promotes irresponsible behavior.

Essentially this is meant as a deterrent to continual aggressive behavior by China and serves as a warning for future conflict.

from the editors' desks

Noah's Ark

Trevor Noah's first edition of 'The Daily Show' updates aesthetics, keeps foundation

Jon Stewart has been a staple of American late-night television for the better part of the last 15 years. A show that he inherited from Craig Kilborn in 1999, however, has a new desk, introduction, and host for the foreseeable future.

Trevor Noah's "The Daily Show," which premiered Monday, September 28, can be compared to the next generation gaming consoles that have been released in the past two years. Smoother, brighter, and redesigned features help to serve the consumer a different experience while accomplishing the same task as before.

Monday was the start of a new era for Comedy Central as Jon Stewart moves on to other comedic experiences and Stephen Colbert moves to The Late Show. Noah's debut was largely successful and gave the viewers a taste of how the show will operate as he continues to build on what Jon Stewart created.

If his debut was largely successful, it can be majorly attributed to the operating system that allows the body to function as efficiently as possible. The writing and production staff has formed a style capable of processing daily media outlets into a collection of satirically compressed content. All Trevor Noah has to learn is how to run such a system without collapsing.

It is not the first time that a foreign-born replacement has filled Jon Stewarts shoes successfully either. John Oliver filled in for Stewart when he left to direct the film "Rosewater." He matched his unique style and delivery with that of the writers and producers in order to formulate his own personalized version of "The Daily Show" while keeping the same structure intact.

Noah may continue with the version of the show that he showed on his first night, or he may overhaul the show into something that rustles the feathers of those who have not yet come to terms with the departure of Jon Stewart.

The one thing that is certain, though, is that Noah has the green light to create this show in an image that portrays himself accurately while doing the job that he was hired to do.

He became a recurring contributor for The Daily Show in December of 2014 after an illustrious career of underground comedy shows and South African satire. Only time will tell if his past practices will translate into "The Daily Show."

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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For advertising rates and information, please call 413-572-5431.

THE CORRECT ANSWER

Rethinking the two-party system in American Politics

Nathan Godord
Voice Reporter

Before I chose to write this specific article, I wondered on which political issue or global event I wanted to share my opinion. Instead, though, I began to think about how this country expects everyone to take a stance yet only offers a certain set of opinions that are already laid out before us. We are to join preexisting social institutions. The mainstream media says one must take a side.

There are domestic and international issues that raise important questions, and these questions demand answers. Whether it is political, social, cultural, or all of the above, there are people found in every corner of society with conflicting opinions regarding important issues. It is human nature for there to be conflict between groups of people with different beliefs, yet, at the same time, society would perhaps not be able to function without the conflict of ideals.

It has become an expectation for every member of a society to take a side: republican vs. democrat, one religion vs. another religion, etc. When one does not choose a side, they are often seen negatively because of their neutrality. This neutrality appears as an attempt to withhold from possibly offending a person or group of people. As a result, it has become unacceptable and unpopular in society to say "I don't know". I think the wisest thing a person can do in an age when everyone demands that one takes a side is to admit ignorance when the situation calls for it.

Sometimes there are clear answers to questions and issues in life; however, it is unfair and unwise to allow political groups with an already established foundation or philosophy to form an opinion for another. It is easy to pick a group that has already formed answers to the big questions of the world and stick to this group's values without regard for the perspectives of other people.

It is hard to look at the opinions of others, consider them, weigh them, and extrapolate an opinion based upon one's experience in the world. It is hard because it takes critical thinking skills not taught to us as children.

For example, Psychology is the study of the mind through the application of scientific methods. There are different perspectives of psychology, including schools of thought such as the following: behaviorist, psychoanalytic, humanistic, and cognitive perspective.

All of these can be proved through various scientific methods; therefore, no one of these perspectives is necessarily wrong—some are just more applicable to different situations. They can, however, be interconnected. One cannot necessarily be wrong to choose any psychological perspective to analyze why the mind works the way it does.

This is exactly how the spread of ideas should be in our society: all should be considered. Overall, all opinions should be respected in their own right, until one has reviewed others that oppose it and chosen their own stance.

Instead, what we have is a society in which one must choose an already established school of thought to fit in. In modern society, one will often struggle to see the benefits of a balanced approach to the peculiarities of the world.

There is no room for exploration; there is no room for critical thinking. There is only room for registering as a Republican, Democrat, or Independent on a ballot form.

Even the Independent label has a negative stigma, as social pressures will often coerce those leaning towards the middle of the road—whether in politics or philosophy in general—to make a choice to be on the far right or left.

AMERICAN IDIOT

The woes of a nostalgic plastic Paddy

Nick Sarnelli
Head Copy Editor

Today I witnessed the weather change from a downpour to a humid sun-flare to temperate, comfortable conditions. While this is all-too-familiar having lived in New England for the entirety of my life, I cannot help being brought back to a time in which I experienced this rapid shift in weather almost daily.

The rain that pelted my face as I trudged from South Lot this morning reminded me of my home away from home last semester: Galway, Ireland—the rainiest region in one of the rainiest and greenest countries on the planet. Somehow I used to welcome this feeling.

When I reached into the pocket of my rain jacket—which I have not worn since being in Ireland—I discovered a handwritten letter: a very unexpected, happy-sad coincidence. My first thought as I felt the paper on my fingertips was, "I really need to stop putting trash in my pockets." What I discovered, though, was not trash at all, but a treasure.

The note was written by one of my best friends in the world with whom I studied abroad. She wrote this letter during our final days in Galway, not as a good-bye (since we are from the same town) but as an expression of emotion, a totem of our friendship and our experience together.

The note focuses on our sadness over our limited time remaining in Ireland but also recounts the experience as a whole. It points out how we had grown and changed so much as people over the course of four and a half months.

The last few lines of said letter read as follows:

"There is a time for staying and there is a time for going. When it's time to go, you go. That's what makes the staying special, the having to go."

These words have resonated with me since coming back, not only because my glorious European semester has concluded, but also because I am in my fourth and final year at Westfield State.

As I've settled back into Westfield State this semester, I cannot help but feel whole-heartedly grateful for the opportunity to study abroad and for my experience and opportunities at this university to date. I've expanded my horizons to a level I never imagined possible and grown as a person in innumerable aspects.

Do not get me wrong; I am happy to be back with my fellow owls. I am, however, simply nostalgic for both Galway and my college years leading up to now. Both of these experiences have gone by impossibly fast, and I cannot help but implore that my peers take full advantage of their remaining time here. Reality creeps up like the final of all finals.

I have no idea if I am actually ready for that. But then again, is anyone?

arts & entertainment

FRIDAY, OCTOBER 2, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of September 30, 2015

Top 10 Singles

1. The Hills - The Weekend
2. What Do You Mean Justin Bieber
3. Can't Feel My Face - The Weekend
4. Watch Me -Silento
5. Good For You - Selena Gomez ft A$AP Rocky
6. Locked Away - R. City Ft Adam Levine
7. 679 - Fetty Wap Ft Remy Boyz
8. Cheerleader - OMI
9. Hotline Bling - Drake
10. lean On - Major Lazer & DJ Snake Ft M0

Top 5 Albums

1. Beauty Behind The Madness - The Weekend
2. That's The Spirit - Bring Me The Horizon
3. IIIinois - Brett Eldredge
4. Repentless - Slayer
5. 1989 - Taylor Swift-

Top 5 Movies

1. Hotel Transylvania
2. The Intern
3. Maze Runner: The Scortch Trials
4. Everest
5. Black Mass

Upcoming DVDs

1. Entourage
2. Avengers: Age ofUltron
3. Insidious: Chapter 3
4. Aloft
5. Deck the Halls

FIDLAR's 'Too' gives pop punk new life

PHOTO FROM HUCK MAGAZINE

Although FIDLAR is a relatively new band, their upbeat and pop punk style has attracted a wide range of audiences. Their music is a translation of the mind of lead singer, Zac Cooper, and perfectly blends the ideals of bands like The Beach Boys with the lyrics of My Chemical Romance.

Kevin Griffin
Voice Reporter

FIDLAR is a Los Angeles skate punk/ garage rock band that formed in 2009. The band features Zac Carper, Brandon Schwartzel, Elvis Kuehn, and Max Kuehn. They are known for their quick punk rock songs that look into the mind of Zac Carper, the lead singer and founder of Fidlar. The upbeat riffs and relatable lyrics helped them cultivate a large fan base. Some of their biggest influences include Black Flag, The Descendants, and Jimmy Lee Lindsey Jr.

I originally heard of this band when they went on tour with Wavves. When I saw that they would be touring with them, I immediately found their first full-length, self-titled album and listened to the whole thing through. I was immediately hooked. I loved the distorted lo-fi sound that beamed out of nearly every song, and I quickly understood how everybody loves this small surf rock band from Los Angeles. They had quick upbeat tracks with really deep and somewhat "dark" lyrics.

I was extremely excited to find out that Fidlar was releasing its sophomore album, Too, with Mom + Pop records in 2015, so I purchased the LP at midnight the day it came out. Right from the first track, I was able to hear the band's growth. Unlike their earlier music, the songs had a much cleaner sound to them; they really put their time and effort into an album that they loved. They didn't simply repeat their old music; instead, they grew as artists. The band also decided to incorporate some slower and deeper songs into the record. The track "Stupid Decisions" really shows Fidlar's attempt at a slower and more meaningful song.

Even though Fidlar made those two changes to the album, I could still hear the same Fidlar qualities on many tracks. Some of my favorites on the album are: "Punks," "West Coast," "Drone," and the ridiculously upbeat break-up anthem "Sober." Fidlar's music makes it clear that—as a band and as people—they simply want to have a good time and live their lives the way they please. All in all, the classic, Fidlar-sounding tracks on the album keep their old fan base in touch while their newer sounds allow the band to pick up many more fans.

I personally love this album. I have fully supported Fidlar and their music throughout the years. It is hard not to love the upbeat guitar riffs and crazy lyrics. You will remain entertained and intrigued throughout the whole album. I personally suggest this album to anyone who loves fast, rhythmic punk music or to anyone that needs an album to jam to.

Horoscopes

Aries (March 21 - April 19): Your friends are oblivious to your best interests. The stars suggest that you quit your stable job and pursue a career as a whale watcher.

Taurus (April 20 – May 20): Big changes are on the horizon for you, Taurus. Keep your medical card close by.

Gemini (May 21 – June 20): Your worst fears will come to pass this week, Gemini. Avoid the deli section of the DC at all costs.

Cancer (June 23- July22): With the new season approaching, the time has come to burn all of your clothes and reinvent your style for the sake of yourself, relatives, friends, and significant other.

Leo (July 23- August 23): You're beginning to feel the winds of change stirring. You're wrong.

Virgo (August 24- September 22): The stars feel very sympathetic for your plummeting GPA. They're sending good vibes your way.

Libra (September 23-October 22): You were right all along. They are all laughing behind your back. Don't trust anyone.

Scorpio (October 23-November 21): You may have a creepy zodiac sign and an unsightly birthstone, but the stars recognize your inner beautify, even if no one else does.

Sagittarius (November 22- December 21): It's time to lay off the visits home every weekend. Your parents sent you to college to get a break from you.

Capricorn (December 22-January 19): Showing up for the test unprepared is usually better than not showing up at all—not this week, Capricorn, not this week.

Aquarius (January 20- February 18): Your prize possession is in danger. Skip all classes and social events to keep it adequately protected.

Pisces (February 19- March 20): The stars are so fed up with your bland demeanor that they have brought inclement weather upon this land as a way to conceal your fate behind the clouds.

gail's grievance

Dear Culprit,

In all of my years as a life expert, never have I seen anything as appalling and obscene as the destruction of the Gail's Guidance question box that usually resides in the garden level of Ely.

Take a moment, if you will, to imagine the look of horror on my face as I ventured to the box's home only to find its mangled body strewn across the cold, hard tile.

I flew to my chambers in a tizzy, unable to fight back the hot tears that sprung from my piercing, sagacious blue eyes.

These eyes will remain clouded and downcast because of the actions of one or more individuals who decided to destroy my beloved box.

I want you to look my children in the eyes and explain why dinner will not be put on the table tonight.

I would also like you to address the lost, weary souls yearning for my guidance who now do not have a place to ask for it. You should be ashamed of your crime.

Malicious culprit, rest assured that you will be brought to justice one day, and we will rebuild bigger and better than ever before.

Ya grieving girl Gail's words of wisdom will return again next week, pending the interrogation and capture of the culprit.

KNOWING TO COOK

God Save the Queen: The evolution of the London food scene

Ryan Cashman
Voice Columnist

For a very, very, very, very long time, the city of London was the capital of the civilized world. At its height, the British Empire ruled over the following lands: Ireland, Scotland, Wales, Canada, Haiti, British Honduras, Gibraltar, Bermuda, Trinidad, Barbados, the Bahamas, British Guiana, the Falkland Islands, Cyprus, Egypt, Sudan, Palestine, Nigeria, Gambia, Sierra Leone, Cameroon, the Gold Coast, South Africa, East Africa, India, Australia, nearly the entire South Pacific archipelago, and New Zealand. So, with an empire as vast as that of the British, it seems only logical that the capital city of said empire would adopt some of the cultural and gastronomical customs of the ruled lands.

A bit of irony for you: the London food scene did not evolve into the multicultural melting pot of gorgeousness that it is today until after the empire dissolved and the commonwealth was established. During the glory days of the empire, despite the global trading network the British had created to ship spices between countries, the cuisine in the capital city remained exceptionally English.

Steak and kidney pies, venison stew, baked river trout, London broil, and the classic fish & chips are just a few examples of the types of food one could find in London during the peak of the British Empire, which was around the 1870s when Queen Victoria ruled the land and Sherlock Holmes and John Watson solved mysteries out of their flat on Baker Street.

As a brief side note, Queen Elizabeth II just recently became the longest reigning monarch in British history. The monarch who previously held that position and honor was none other than Queen Victoria.

I won't continue along this line, but for those of you who are interested in British monarchical history, this side note was for you.

Onwards! Since the end of the Second World War, the influence and expansion of the British Empire has dwindled significantly. The United Kingdom, as it exists today, consists mainly of England, Scotland, Wales, and Northern Ireland. Commonwealth countries, such as Australia and Canada, remain, but the majority of the empire has disbanded.

So, to follow along the lines of the previously stated irony, why is it that London has become such a diversified cultural hub despite the waning influence of the empire? The answer is even more ironic. Immigrants from lands previously held under British occupancy have made London their home. Why? I honestly have no idea.

I visited London while I was abroad, and I must say that while it is still the shining height of stereotypical "Englishness" (i.e. Westminster), the amount of foreign influence is astonishing.

I heard less English spoken in London than I did in Florence, though I think that mainly has to do with the fact that London is one of the top tourist destinations in the world. But I digress.

The English from Victorian London would not recognize the modern day equivalent. I bet even the elderly Brits who have lived in the city for the majority of their lives are still wrapping their heads around just how much the city has evolved—the food scene in particular. Yes, I'm finally getting to the food.

While pubs still line virtually every street corner, the restaurants, markets, and cafes found in-between the local haunts are where London's food scene comes alive. French bistros, Italian trattorias, Indian restaurants, Brazilian or South African barbeque joints, and Middle-Eastern kebab stands create a vast, interconnected web of food establishments on a level of diversity that rivals that of New York City.

By happenstance, while in London, I managed to sample traditional English fare along with very non-traditional and completely foreign fare. For starters, because it's London, the first meal I got was fish & chips.

Yes, I'm perpetuating a stereotype, but you know, there is a reason everyone gets fish & chips in London: because it's absolutely terrific! Traditionally served at pubs or food stands, the meal is typically wrapped in the day's newspaper and taken to go.

So, if you're ever in London and see locals eating fish out of a newspaper, ask them where they got it.

My non-English fare was as follows: falafel with hummus and roasted peppers to start, lamb skewers with tzatziki sauce, and Turkish delight and tea for dessert.

Okay, the tea is typical, but everything else eaten was Mediterranean or Middle-Eastern in nature. And it was all phenomenal. England, along with the majority of Europe, is very much in support of Slow Food and the farm-to-table movement, meaning that most independently owned restaurants would use ingredients grown and harvested in the U.K.

Much like our friends in Canada, the English food scene is blossoming, and London is the effervescent capital.

The city has managed to maintain its heritage and culture while adapting to the standards and customs of modern society by allowing other cultures to flourish and discover what it means to be a member of the British Commonwealth in today's world.

Be on the look for a recipe next week!

As always: Buona Tavola é Mangiare Bene!

owls athletics

FRIDAY, OCTOBER 2, 2015 MICHAEL BARRY, EDITOR

Women's Soccer continues hot start after exceeding .500

Andrew McIntosh
Voice Reporter

The Westfield Owls Women's Soccer team continues to ride a wave of momentum as they extend their winning streak to three straight games beating Salem State, Simmons, and now knocking off the Fitchburg Falcons at home last Saturday. Coached by Todd Ditmar the Owls improve their record to over .500 with a record of four wins and three losses.

It was the young gun freshman forward Nicole Chretien from North Attleboro in the 50thminute that broke the scoring silence to gave the owls the lone goal to take home the victory.

On the year the Owls have gotten 50% of their shots on goal with a total of 24 shots on goal out of 48. The team is making the most of their opportunities when they have the ball.

Especially important in Soccer considering it's a game of possession not necessarily how far you can move the ball up field. The Owls allow themselves to settle into their offense and make the best of their opportunities.

This allows them to try to expose the gaps in the defense that set up those good shots on net. The Owls have a 12% scoring percentage for the amount of shots they take as compared to their opponents, which have a 5% scoring per shots they take.

The Owls have over double the chance of scoring than their opponents. Their strong team defense allows for great scoring opportunities in transition. Being able to hold possession the way this team does creates a lot of offense.

Any time you can string together three wins always has to be a huge confidence booster, especially after getting off to a slow start. The Owls have also only received one yellow card on the season, which shows that they are disciplined teams that play the game the right way.

It truly seems that the Owls have found their stride and hoping to carry this momentum into the rest of their season.

After the 4¬0 win a few weeks ago over Castleton State, the team had a real turning point on the season.

The program has many young players stepping up so it seems that the future is looking bright for this Owls team. With a just about even split of upper and underclassmen there is enough young talent and veteran experience to really test the MASCAC along with any other team that the Owls may see this season.

There is no doubt that there will be more success to come this season. With their third straight win in the books we wish the team the best in their match on the road against Union College. The Team's next home game will be against Mass College of Liberal Arts on October 3rd at Alumni Field.

Westfield's Taylor Grijalva, 16, carries the ball downfield in a game against Springfield College in early September. She scored her first goal of the season last week against Simmons after consecutive 90 minute outings.

Men's Soccer earns first two wins of season

Tim Jaroche
Voice Reporter

Coming off of two straight wins, the men's soccer team is heating up. Most recently they defeated Fitchburg State 5-3.

After Fitchburg scored 28 minutes into the game, the Owls had seen enough. Brodie Keene, Legend Mu'min, Cam Ritter, and Connor Gilbert would all put one past the goalie before Fitchburg scored again.

In the 70th minute Fitchburg struck again, making the score now 4-2. Nine minutes later James Murphy fed it to Brodie Keene who put it away, and added another one to the scoreboard for the Owls. In the 88th minute the Owls managed to commit an own goal, giving the final score of 5-3.

The Owls were really able to capitalize when they had opportunities. Fitchburg out-shot Westfield 20-15. The difference was putting the shots on net. Fitchburg put nine shots on goal while Westfield had eight. This is where having a stand out goaltender like Alex Kraver comes into play.

Westfield also did a great job keeping their composure, drawing no yellow or red cards. Fitchburg was given three yellow cards throughout the match, which gave the Owls a great boost in momentum.

Brodie Keene leads the team in goals with four through eight games. Goalkeeper Alex Kraver has been strong in net with one shutout and 57 saves on the season. Going forward the Owls has nine games remaining.

Five out of these nine are critical MASCAC games. This Wednesday at 7 p.m. they will be facing Curry College, and this Saturday they will be headed to North Adams, MA, to square up against Massachusetts College of Liberal Arts in their third MASCAC game of the season.

In non-conference games this season they are 0-4-1. This may sound bad but two games were lost by one goal, and one game was a double overtime tie. Now that they're finding their identity as a team and know what they have to do to win, they should be able to make a convincing tournament run against fellow MASCAC teams. With only three more home games, it would be worth your while to go support our Owls.

Volleyball handles Salem State in straight sets

WSU Athletic Department

Westfield State University volleyball gained a key MASCAC win over Salem State in straight sets by scores of 25-14, 25-18 and 25-16 on Wednesday, Sept. 30 in the Woodward Center.

The Owls climb to .500 on the year at 7-7, 1-2 in conference, while Salem slides to 3-9 and 1-2.

The Owls were led by freshman libero Lizzie Taylor's (Medfield, Mass./ Medfield) stellar defensive effort, 16 digs, and clutch serving, 6 aces.

Westfield's offensive attack came from multiple players, Shannon Shea (Chelmsford, Mass./ Chelmsford), Casey Doremus (Westford, Mass./ Westford Academy) and Kendyl Haney (Ashland, Mass./ Ashland) all chipped in seven kills along with five from Jen Green (Charlton, Mass./ Shepherd Hill) and Casey Howe (Chelmsford, Mass./ Chelmsford).

Brigid Murray (Norfolk, Mass./ King Phillip Regional) fueled the scoring with 16 assists.

Freshman Viking setter Mackenzie Salls (Turners Falls, Mass./ Turners Falls) had a game high 18 assists, feeding middle hitter Emily Peay's (Lebanon, Conn./ Lyman Memorial) game high nine kills.

Westfield State returns to action on Friday, Oct. 2 at 6:00 p.m. when they take on Western New England in Springfield, Salem heads to Plymouth State for a tri match on Saturday, Oct. 3 that includes WPI.

Brady becomes fourth player with 400 touchdown passes

Mike Barry
Sports Editor

This past Saturday, Tom Brady threw career touchdown passes 400 and 401. This puts him in an elite group of only four quarterbacks to ever throw 400 or more touchdown passes. This amazing feat allows me to do my favorite thing, ramble about why Tom Brady is the best quarterback to ever live.

Am I biased? Obviously. However facts are facts and when you really look at the numbers, it isn't much of a contest.

When discussing all time quarterbacks, the first criterion that's looked at is how much they win. The number of super bowl rings a quarterback has says a lot about who they are as a player. Brady is tied for the most ever with four rings, the most recent being this past season. Only Terry Bradshaw and Joe Montana have as many rings and, since they did it before free agency, I'd argue it's much less impressive.

Tom is 4-2 all time in super bowls. With the two losses to the Giants in '07 and '11, some people questioned how much of the first three rings could actually be credited to Brady. This is a ridiculous claim when considered the Patriots had the lead at the two-minute warning of both the super bowls they lost. Not only that, but they had the lead at the two-minute warning of the '06 AFC championship game, which they lost to the Colts who went on to win the super bowl that year. The point I'm trying to make here is that if the defense were able to make stops at the end of those three games, Brady potentially could have seven super bowl rings.

Brady has never had a consistent set of skill players around him like Montana and Bradshaw did. In fact, Brady's second touchdown pass this past week was to the newly signed Keyshawn Martin. Martin's touchdown reception made him the 56th player to catch a regular season touchdown pass from Brady. Let me say that again, the 56th. That means in Brady's 14 years in the league, he's thrown a touchdown pass to more than a full rosters worth of players. No matter who lines up next to him, Brady year in and year out finds a way to get it done.

Winning aside, let's look at the individual stats. The group of quarterbacks with 400 or more touchdown passes is Brett Favre, Peyton Manning, Dan Marino and now Brady. I'm not trying to take anything away from Manning, Favre or Marino, however these touchdown passes seem a bit skewed when compared to how many interceptions they've thrown.

Favre is number one in all time interceptions with 336. Dan Marino is eighth all time with 252 interceptions and Peyton Manning is thirteenth with 236. Keep scrolling down this list until you get to Brady, who is 61st. Brady has only thrown 143 interceptions in his career. Obviously the rest of the members of the 400 club are great, however I would rather have the guy who's going to make the least mistakes. Especially when there's very little lost on offensive production.

At 38, Brady is on pace to have one of his best seasons ever. He's showing no signs of slowing down and proves every single time he steps on the field why he's the best of all time. Brady and the Patriots have a bye this week but play again at Dallas on October 11.

Scores of Past Owls Athletics Events	*Upcoming Owls Athletics Events*
Saturday, September 26th	*Friday, October 2nd*
M Golf at Elms College Blazer Invite 13th Place	M/W XC at Paul Short Invitational
W Golf at Mt. Holyoke Invite 13th Place	W Vball at WNEU 6:00 pm
W Vball at Framingham State L 1-3	W Golf at Middlebury Invitational 1:00 pm
W Vball vs Suffolk University W 3-0	*Saturday, October 3rd*
M Soccer vs Fitchburg State W 5-3	W Soccer vs MCLA 11:00 am
Field Hockey vs Southern Maine W 1-0	Football at Plymouth State University 1:00 pm
W Soccer at Fitchburg State W 1-0	M Soccer at MCLA 1:00 pm
Tuesday, September 29th	Field Hockey at Keene State College
Field Hockey vs Fitchburg State	*Wednesday, October 7th*
Wednesday, September 30th	W Soccer vs Elms College 4:00 pm
M Golf at Westfield State Invite (Postponed)	Field Hockey vs WCSU 7:00 pm
W Vball vs Salem State University	M Soccer at Elms College 7:00 pm
M Soccer at Curry College	
W Soccer at Union College	

Games & Leisure

	7			1	9			4
8		6				9	5	
			6			3		
	8	5					7	
				4				
	6					5	9	
		7			6			
	3	4				6		8
6			4	2			3	

Old West

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O	O	D	O	P	H	H	T	R	T	L	L	E	W	C	R	I	G	H	
K	O	G	O	C	P	I	E	A	A	R	N	I	A	R	T	R	O	F	
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D	O	O	A	R	P	N	E	L	G	G	G	L	C	E	K	K	O	E	
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I	H	O	H	T	T	T	T	P	U	D	A	N	T	A	A	H	W	T	
A	P	C	R	E	L	S	A	L	D	L	A	A	T	M	B	T	O	A	
R	A	K	A	L	E	A	L	W	S	L	S	Y	L	P	S	Y	C	K	
T	R	D	S	H	I	O	W	A	S	H	O	R	E	F	A	L	T	E	
D	G	N	O	O	L	A	S	G	W	R	E	G	D	I	D	L	G	R	
N	E	B	A	N	K	E	R	M	A	M	U	R	R	R	D	I	R	I	
A	L	I	V	E	S	T	O	C	K	N	A	F	I	E	L	B	A	F	
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BRAND
CAMPFIRE
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COWBOY
DOC HOLLIDAY
FARRIER
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FURS
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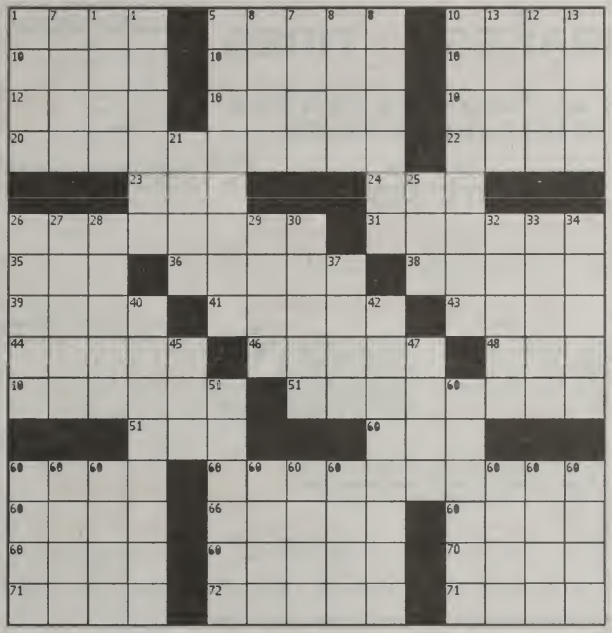
TELEGRAPH
TRACKER
TRAIL
TRAIN
UNDERTAKER
WATER TANK
WELL

Maze



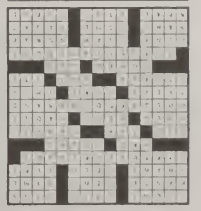
Across

1. Hindi courtesy title
5. They pack a punch
10. Request fervently
14. Tranquil interlude
15. Moron
16. Figure of interest
17. Ear-relevant
18. Artistic category
19. Earth sci.
20. Margaret II's seat
22. Interim employee
23. Soak flax, e.g.
24. Magnon start
26. Dehaene's seat
31. "Weird" Cosby character
35. D.D.E.'s rival
36. Nursery items
38. Entertainer Shore
39. Bed with bars
41. Leader involved in '70s shuttle diplomacy
43. Aviation prefix
44. Flogged, Singapore-style
46. Willem in "Platoon"
48. Step into character
49. Fighting-chair occupant
51. Gandhi's seat
53. Make a little ___ long way
54. Island ring
55. Klinger player
58. Bush's seat
65. Diva's number
66. Bernie's partner in songwriting
67. Freight car hopper, stereotypically
68. Remit
69. Quench one's thirst
70. The Police, e.g.
71. Make off with
72. Pea stickers
73. British carbine

Down

1. Political clique
2. Word with focus or pilot
3. Thing on a radar screen
4. Stress results, maybe
5. Pugilists
6. Big or bright thing
7. Let the air out?
8. Burned rubber
9. Foul fetor
10. City in the Transvaal, once
11. Timed competition
12. Niels Bohr's concern
13. Pound sound
21. Hornet site
25. X-ray unit
26. The English ___ Pipes Jig
27. Broadcast more than once
28. Employing
29. Get it out and you'll move faster
30. Chair variety
32. "Paper Moon" Oscar winner
33. Tamarack, e.g.
34. Hindu loincloth
37. Diamond holder, perhaps
40. Where Tito ruled
42. Tugboat cords
45. ___ gratias (thanks to God)
47. Earthly paradise
50. Least refined
52. Ice skating figures
55. Skip meals because you want to
56. Type of code
57. Where you may skate on thin ice
59. "___ want for Christmas is ..."
60. Ollie's sidekick
61. He drove Miss Daisy
62. It's legally wrong
63. Stage award
64. Meridian hour

Crossword Solution 9/25



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The Westfield Voice

FRIDAY, OCTOBER 9, 2015

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Students, Faculty, Community come together for second annual Race and the English Classroom seminar on Tuesday, October 6

PHOTO PROVIDED BY REGINA SMALLS

Westfield professors and teachers from neighboring high schools lead the seminar that was conducted to bring light to prejudice and racism within various English courses. Pictured from left to right are Amy Martinez, Professor Elizabeth Starr, Professor Shirley Wong, Jaclyn O'Neill, and Joe Courchesne of Holyoke High.

Nick Sarnelli
Head Copy Editor

On the evening of Tuesday, Oct. 6, students and faculty of the English department came together to attend the second annual "Race and the English Classroom" seminar, an event directed toward discussing how race affects both teaching and learning in English classes. Those in attendance mostly consisted of English majors in the Education certification program and faculty from the English department; however, many from other majors and English students from other concentrations came to see what the event was all about.

As those attending gathered in the Loughman Living Room in Scanlon Hall, they were greeted by members of the English 350 (Methods in the Teaching of English) class and encouraged to take nametags and a copy of a scholarly article that would be used in the discussion-based seminar.

Initially, those in attendance were urged to help themselves to the food and refreshments served as sustenance for the two and a half hour event.

The event, which was lead and facilitated by Professor Sophia Sarigianides, began with a warm welcome and an introduction to the seminar, which was regarded as a conversation about how race affects both teaching and the classroom setting as a whole. The overarching question that lingered in the backdrop of the panel "How does race affect your teaching?" acted as the foremost prompt for the event's entire conversation.

After greeting everyone and addressing the purpose and importance of the event, Professor Sarigianides turned the conversation over to a five-person panel of English educators at various levels from different backgrounds. Two of the panelists were members of the Westfield State University English department, namely Professor Elizabeth Starr and Professor Shirley Wong. The others were local high school English teachers: Joe Courchesne (Holyoke High School), Amy Martinez (Springfield High School of Science and Technology), and Jaclyn O'Neill (Baystate Academy Charter High School in Springfield).

After each panelist had given a personal anecdote on his or her experience or grapple with teaching and/or experiencing race in the classroom, Professor Sarigianides turned the conversation turned over to those attending the event. Each round table in the room was made up of seven or eight people. At each table were one or two students from Professor Sarigianides's Methods in the Teaching of English who initially acted as facilitators for discussion.

Within these groups, English Education students shared their personal experiences in dealing with teaching challenging texts in the English classroom in their pre-practicum and practicum. Students from outside the English Education concentration also shared their experiences—from daily, personal happenings to experiences in other classrooms—simply as students or as student teachers/observers in those scenarios.

A prevalent reference point to the conversation derived from the subject matter in a scholarly article that Professor Sarigianides supplied upon entry to the event, titled "'It's Pretty Much White': Challenges and Opportunities of an Antiracist Approach to Literature Instruction in a Multilayered White Context" by Carlin Borsheim-Black. The main focus of this article was Borsheim-Black's concept of antiracist pedagogy, which she defines as "an approach that works proactively to interrupt racism ... [acknowledging] the importance of racial and cultural identities."

After each table finished its break-off discussion, each panelist shared a detail of his or her own table's exchange before the conversation was opened to the entire room as a whole. Students in attendance

see **SARNELLI** *on page 12*

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RHA
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Bernie Sanders
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'Knowing to Cook'
'We Cool?" Review
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Men's Soccer
Women's Soccer
MLB Postseason

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VOLUME VII, ISSUE III

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FRIDAY, OCTOBER 9, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
UMass becomes one of the first colleges and largest univesity food programs to take the pledge to serve 100% antibiotic free chicken.This is the result of a survey completed by 4,000 students, 75% of which believe humanely raise meat is most important in regards to food sourcing.

The Harvard Crimson,
HARVARD UNIVERSTIY
The University's financial aid department still maintains it's "no-loan" policy after UPenn changed thier policy's name to "all-grant". The University states that keeping this name is crucial to its financial aid program.

The Daily Campus,
UNIV. OF CONNECTICUT
A student was arrested after dispute with employees in the Student Union. A video of the incident now has over 1.6 million views on YouTube.

The Daily Orange,
SYRACUSE UNIVERSITY
SU launched a new student-run firm, Consurtio. The firm was made to support local companies as well as economic development. In addition it will "transform business education," according to a Whitman release.

RESIDENCE HALL ASSOCIATION

RHA Executive board discusses upcoming Halloween event and NEACURH conference

Gina Muller
Layout and Design Editor

The Residence Hall Association held its executive board meeting last Thursday, Oct. 1, in the RHA room in University Hall. The executive board meeting was called to order by executive board president Brendan McKee.

The meeting started with a recap of the previous week's general board meeting, which was deemed a success.

This led to the discussion of the next general board meeting, in which the RHA general board will vote on the movie selection choices for the month of November. Students who are not on RHA general board can also come and vote on November's movie choices.

Students on campus can watch movies anytime, anywhere for free. Films can be accessed from cell phones, tablets, computers, and televisions. To access films from mobile devices, students need to download the free Swank Media Player app.

The issue of hall damages was also addressed in the meeting. McKee talked about developing a strategy on how to deal with hall charges. He attended a second floor section meeting for Courtney Hall, where he said that there was a $2,000 charge for a vandalized couch in the second floor common room. Hall charges will be discussed further in upcoming meetings.

RHA will officially be going forward with their Halloween movie event. In a unanimous vote, the executive board will be showing the movie Halloweentown at the event on Monday, Oct. 26 at 8 p.m. in the University Hall multipurpose room.

Eileen Shaw, national communications coordinator in-training, stated that the RHA executive board is officially registered for NEACURH (The Northeast Affiliate of College and University Residence Halls), which is a regional conference. The conference will be hosted by SUNY Geneseo and will take place between Oct. 30 and Nov. 1.

"The NEACURH board of directors helps their affiliated schools put on such great conferences. They've come up with a great formula to help students learn leadership skills by being involved with an important organization," stated Emily Butynski, national communications coordinator. "I'm really looking forward to see what SUNY Geneseo has in store for our delegates."

NEACURH Regionals 2015 will be held at SUNY Geneseo. This year's conference will have the "Marty and the Chocolate Factory" theme. Marty the moose if the official mascot of NEACURH.

The executive board discussed what needs to be accomplished for the conference, including shirts, a banner, pins, roll call, and a bid. The agreed date of completion for each of these items is Oct. 23.

Residence Hall Association executive board meetings are held on Thursdays in the RHA room of University Hall at 6 p.m. on days general board is held and 7 p.m. on days that the general board does not meet.

General board meetings areopen to all students on who live on the Westfield State campus.

Global Conversation: A Semester Spent In Ireland

Haley Batchelder
Voice Columnist

"The goal of studying abroad," says senior John Schofield, "is to experience reverse culture shock." And in the spring of 2014, he did just that.

Schofield is a senior studying business management with a minor in economics who spent the spring of his sophomore year studying in Ireland at the Dublin Business School. Through the direct enrollment program, he had the chance to immerse himself into Irish culture, take a variety of classes to further his business career, and complete a project, which led to his decision to pursue Human Resources as a career path.

While in Dublin, Schofield had the opportunity to complete a project in Human Resource Management. While the work was rigorous, resulting in a 23-page paper and was "the most comprehensive assignment" he has had to complete for any class.

This project gave Schofield the opportunity to interview the President and CEO of Fidelity Investments of Ireland, teaching him about leadership theory and the practice of leadership, tools that he has brought back to the WSU campus.

Schofield also had a lot to say about the knowledge he gained on the Irish culture out of the classroom. He enforced the hard work that he witnessed, saying that, despite our perception of the typical jolly Irish folk, the residents "tend to be hard working, self-driven individuals."

He went on to explain the rising unemployment rates in Ireland, a factor that "pushes students of our age to succeed in classes, in order to give themselves a good shot at the job market."

As Schofield continued to explain the information about the Ireland Direct Enrollment Program—which can only be understood through experience—he told me about the hidden hotspots that Ireland had to offer, specifically, a small take out restaurant called Sorrento. As it was just a 30-second walk from his apartment, Schofield says, "I came to know the owner and his wife very well." They became familiar faces and good friends of Schofield and he claims, "never having the chance to say bye to them is one of my biggest regrets in life so far."

The experience that Ireland has offered Schofield is one that has forever changed his future goals and perspective on life and different cultures; and he encourages other students to take advantage of the opportunities that he had.

By studying abroad, you broaden your horizons and views of the world. Says Schofield, "you begin to notice that the way you perceive the world is only your way and is not the only way."

Westfield State University announces most recent Distinguished Alumnus Award winner Sylvia Abar

From Press Release

Westfield State University will honor Dr. Sylvia Abar of Westfield, Mass. with the Distinguished Alumna Award on Saturday, October 17 at 10:30 a.m. in the Horace Mann Center lobby.

"As an educator, Dr. Abar embodies the founding mission of Westfield State University," said Kathi Bradford, director of Alumni Relations. "Her tireless dedication and commitment to public service serves as example for students, faculty, and alumni."

Dr. Abar earned her bachelor's degree in elementary education at Westfield State and was inspired by her professors to continue her studies.

"The enthusiasm and passion that the professors held for their subject matter was displayed in their teaching and influenced me to do post graduate work," Dr. Abar said.

Dr. Abar earned her M.Ed. in school psychology at Westfield State University and her Ed.D. at UMass Amherst.

After graduating from Westfield State, Dr. Abar began teaching within the Palmer Public School District where she remained for 29 years. She began as a teacher of grades four through six and was promoted to Teaching Assistant Principal of the Old Mill Pond School in 1997. During her time there, she developed and administered the After School Activities Program and served on the District/Schools Professional Development Committees. She also was chair of the Beginning Teachers Mentor Development Program and the Positive Reinforcement Committee.

In 2000, Dr. Abar was appointed principal of Litwin Elementary School in Chicopee where she remained until her retirement in 2007.

In addition to her teaching career, Dr. Abar is a dedicated member of the community with various volunteering experiences. She has been a member of Kiwanis Club of Westfield since 2007 and established eight new youth service clubs for the city. She is chair of the Good Citizens Awards and founded the Edwin J. Abar-Kiwanis Communication Scholarship with husband Edwin and the Kiwanis Club of Westfield. She currently serves as a volunteer docent at the Storrowton Village Museum and the Springfield Science Museum.

Dr. Abar said her strive for volunteerism stems from her desire to better her community.

"We can improve our schools and communities if we all step forward to help in whatever way we can," Dr. Abar said. "Throughout my life, I have tried to step forward whenever there was a need."

2015 Distinguished Alumna Award winner Dr. Sylvia Abar.

Dr. Abar has remained connected to the university. She served on the Westfield State Alumni Council and on the Westfield State University Board of Trustees from 2007-2012.

"Serving on both of these boards gave me the opportunity to be involved with positive changes for the university and the alumni," Dr. Abar said.

The Distinguished Alumnus Award kicks off Homecoming weekend. For a full list of events, visit www.westfieldalumni.org/homecoming.

Westfield State students examine economic and cultural impact of China during short-term study abroad program

From Press Release

Thirteen Westfield State University students travelled to Beijing and Shanghai China for two weeks this summer as part of the short-term study abroad course "International Economics: China Rising." The course was led by Dr. Hillary Sackett, assistant professor of economics, and assisted by Professor Bridget Matthews-Kane of the English department.

Sackett said she chose China as the focus of the course due to its economic ties with the United States.

"China has undergone an unprecedented level of economic transformation and growth in the past couple of decades," Sackett said. "China is now the second largest economy in the world and an important partner to the United States. Students studying economics and business need to be familiar with the role that China plays in the global economy."

While in China, the students visited businesses and heard from internationally-renowned guest speakers.

Student Tanner Connors '16 of Yarmouth, Mass. said she most benefitted from visiting the Hutong, a small organization that works directly with residents that live in culturally historic housing. She was especially intrigued by the presenter and Corporate Director Joe Wood, a Texas native that studied abroad in China and fell in love with the culture.

PHOTO PROVIDED BY NICKLAY WATSON

Westfield State students visit the Temple of Heaven in Beijing. Left to right: Bridget Matthews-Kane, Jennifer Green, Carole Duquette, Christina Cardillo, Brianna D'Amato, Hillary Sackett, Bryan Nay, Jillian Bates, Taylor Somerville, Kate Burgoyne, Tanner Connors, Michelle Lynch, Zach Spicer, John Yourous, Callie Tambling.

"It was very educational and enlightening to be able to speak with him because he was really able to describe the cultural differences between our nations and open our eyes to what's really important to the people, not just the government," Connors said.

When listening to the guest lecturers, Connors said she was pleased to hear different opinions on the same topic, including lectures from Chinese natives and ex-patriots.

"We got to see firsthand how much the government really misled their people," Connors said. "And on the other hand, we got to witness the strong pride in which they hold their history."

Students also visited culturally and historically significant sites including Tiananmen Square, the Forbidden City, the Olympic venues, and the Great Wall in Beijing. They also went on a canal cruise through the water town of Suzhou.

While she thoroughly enjoyed riding a toboggan down the Great Wall, Connors said she most appreciated the cultural aspects of the course.

"Some of the greatest highlights came from simply being immersed in the new, and very foreign, culture," Connors said. "Wandering through the hutongs, being able to witness the way residents live and interact with each other was truly eye opening."

One of Sackett's goals for the course was for students to witness the economic, environmental, and social consequences of international globalization in the country, the most prevalent of which were environmental degradation.

"Air pollution in Beijing is quite bad," Sackett said. "On several occasions the Air Quality Index rose above 200 (which is hazardous to our health) and we had to wear protective masks. The students also witnessed extreme water pollution looking out the window during our train ride from Beijing to Shanghai."

Socially speaking, Sackett said students noticed the westernization of eastern Asia.

"The students commented that in some parts of Shanghai, you might think you were in Europe based on the restaurants, shops, fashion, food, and entertainment," Sackett said. "Many of my students lamented that they missed the 'feeling' of Beijing, because it has retained traditional Chinese culture in many places."

When organizing the course, Sackett hoped students would accomplish a number of objectives including recognizing systemic oppression, synthesizing multicultural perspectives on international relations, and understanding the role of social justice in international economic development. She was most pleased with the inspiration they felt to continue exploring the various areas they studied.

"I had students tell me that this trip has changed their life, that they now think differently about their own consumption, they have a renewed appreciation for the importance of protecting the environment, and that this trip ignited a desire to learn more about different cultures and to continue travelling to other parts of the world," Sackett said. "There is nothing more fulfilling to an educator than hearing things like that!"

from the voice vault

*This article was published in the **April 24, 2000** issue of* The Campus Voice.

Pirate Radio's second response

It's unfortunate that you didn't read our letter carefully enough to realize that it wasn't directed at you.

Letter, addressed to Westfield State College, was in defense of Traveling Matt and the judges who place– them first. I have just a few responses to your letter, and these are offered not as criticism, but as advice from someone who knows music and the local music scene.

There is a difference between practicing and playing out, and practicing with the intent to play out. In to first situation, a band practices and plays gigs. In the second, a band practices and wants to play gigs, b doesn't. See the difference?

I think your "perspective of band music" is fine and valid. Unfortunately, the issue is defining a band. I its simplest form, a band is an organization. The eventual purpose of the organization is to have your m' heard, and this is accomplished by either playing gigs or releasing a product. Since you seem to be on it "playing gigs" end of that spectrum, you therefore have to practice regularly to improve, and book gigs, at least plan to book them. Now do you see why I define a "real" band as I do?

You seem to have decided to skip the part of our letter where Ken stated that he chooses to play in a co; band to make money. I'll clarify this by mentioning that he left a successful original band because it wasn't sufficient as a primary source of income. Pirate Radio is.

If you don't agree that expensive equipment is a part of professionalism, you're in for a rude awakening. you want to perform in a club, you need a P.A. Most clubs don't provide one. It's an expensive but necessary piece of equipment. You also have to consider the fact that you need instruments, microphone cables and amplifiers, and for every piece of gear that isn't at a decent level, your sound quality decrease You should know that Ken spends every spare penny he has, and even some he doesn't on upgrading his musical gear. If you really respected your "vibe" and your "musical spirit," you would do the same.

We never claimed that you brought your audience to the battle of the talents. We simply outlined the eas with which you could have filled the room. If, however, you actually did know half the crowd, then your size paid off because that half a crowd was still a larger amount of people than was brought by any other band.

Your claim is that Pirate Radio failed to incite the crowd at the battle of the talents. The majority of the band doesn't attend Westfield State, they don't know anyone here, they didn't advertise, they played

Tuesday night, and they didn't bring anyone. Is that enough reasons for you? You should learn that there are distinct differences between a club band and a college band. Go see them in a club, and you'll see excitement. It's sad that you still question the decision of the judges. Try to see beyond yourselves. Think about what the judging was based on, and how the other bands performed, and stop thinking about the crowd. That was only one out of five criteria. This was a competition that you entered with hopes of winning. Since you didn't, be gracious. Much of what makes a band successful has to do with public relations.

Please don't pity us. We're happy, we're making money, and we're in the middle of building a home recording studio. We're fine. Save your pity for someone who really needs it.

Sincerely, Erin Ogulnick
Manager Pirate Radio

-Photo by Justin McCauley

.Pirate Radio participated in the WSC BAttle of the Talents

*This article and ad was published in the **March 1, 1979** issue of* The Westfield State Owl.

Insurance Coverage

By Maureen McMahon

Students who are not covered by some sort of an insurance plan should be aware that a health and accident policy is available through the college. The spiraling costs of hospital and health care make it vitally important for everyone to be at least partially covered in some way or another.

The application for the insurance is sent with the student's bill; he then applies directly to the insurance company. The cost is $78 for a year's coverage, but can be taken out later with a price reduction for each month already passed.

Although there are maximums for some types of expenses and for others only certain percentages of the total cost will be paid. The services offered through the policy for WSC students include hospital rooms, extras such as X-rays, surgical benefits, consultant fees if the attending physician requests them, prescribed drugs, ambulance fees, doctor visits, dental accidents and miscellaneous fees. Coverage is also offered for mental and nervous disorders and alcoholism.

An unusual feature of the policy is that it pays up to $25 per year for gynecological services. This is unusual because benefits like this are not usually found in health and accident policies. Pregnancies and abortions are also partially covered.

An additional feature includes a $500 non-deductable policy for athletes .

A disadvantage of the program is that it does not cover all costs for every type of accident, illness or surgery. However, Dean Norman Hiersche feels that "for the amount of money it is a good policy." And although the cost of insurance has been increasing dramatically--five years ago this type of coverage would only have cost $32--Dean Hiersche is hoping for no rate increase next year.

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Want to see more stuff from the voice vault?
Contact **Andrew Burke**, Editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice.**

opinions & editorials

Friday, October 9, 2015 Race Rugh, Editor

THE CONSERVATIVE VIEW

Russia in Syria–Allies wielding a double-edged sword

Matthew Carlin
Managing Editor

In recent news, Russia has launched an offensive front into the Syrian civil war that has been raging for the last 4 and a half years. This past week in of itself has seen Russian aircrafts and ground troops entering Syrian land.

The UN secretary general Jens Stoltenberg has called the move "unacceptable" and even "dangerous." The top priority of the UN is the violation of Turkish airspace, of which there has been an increase since Russian aerial presence has increased in the area.

On top of the ground and aerial support, Russia has launched naval vessels close to the Syrian coast. Russian officials are denying any increase in military activity in the area, with officials being quoted as saying that there will be no ground operation in Syria.

In sharp contrast to what officials had said in the Crimea crisis, Russia has stated that it would attempt to prevent any sort of "volunteers" from entering into Syria. For the Pentagon, this boost in Russia military presence is both a boon and a pestilence.

Obama welcomes Russian attacks on terrorists in Syria, but he says the Russians should not have alterior agendas.

Russian troops have been fighting the ISIS militants entrenched among the Syrian landscape; however, it seems that Russia is using this as an excuse to also attack the anti-Assad rebels currently fighting regime loyalists.

President Obama has made it abundantly clear both here and in the UN that the Russian forces are essentially a welcome help but shouldn't have any alternate agenda to pursue while in Syria.

Obama told an assembled UN that it would be unwise for Putin and Russian armed forces to be helping the Assad regime in Syria; however, Putin has also made it clear that Russia supported the "legitimate" government of Syria, which ends up being the Assad Regime.

Russia has just funded and provided weapons to the Assad regime over the past few years, but due to the international outcry to battle the ISIS militants, it has used this opportunity to pursue its own interests.

Russian missiles have been launched into Syrian lands which Russia claims to have been ISIS strongholds. It would seem that their claims have no real substance in them, since multiple sources have reported that ISIS had no presence in that area, yet in fact is a known rebel hideout.

One may ask their self, "Is this is just another Ukrainian crisis in the works or something much larger?"

Russia has been on the decline since the collapse of the Soviet Union in the early 90s, and now there seems to be some sort of desire for Russia to "flex" its muscles on the world stage.

Both socially and economically, Russia has the perception of being a "backward" country that is still struggling to find its place in the world besides being a "bully."

Now I would venture so far as to suggest that Russia might be in a worse state now than it ever has. To my knowledge, there has been no significant increase to Russia's economy, but there has been increased spending in its military.

How does it afford these military operations? It remains a mystery for now, but hopefully the information will surface soon enough.

Is it possible for Russia to simply be trying to uphold some sort of agreement it has had with its allies?

Maybe this could just be Russia trying to regain some lost honor in an area that has seen multiple Russian mistakes.

Ever since the Ukraine, Russia seems to be on the defensive in the international community, and this is definitely not helping.

Is the TPP as good as it seems to be?

Nathan Godord
Voice Reporter

The time has come. The United States, Australia, Brunei, Canada, Chile, Japan, Malaysia, Mexico, New Zealand, Peru, Singapore, and Vietnam have come to an agreement ostensibly with the goal of establishing free trade and common standards between countries. These countries make up roughly "40 percent of the global economy".

This is one of the largest trade agreements in United States history, and it all sounds quite fine and dandy. The question is, who is truly benefiting from this agreement? Remember, reader, that this agreement has been under negotiation for over eight years, with many negotiations being done in secret. It's not known exactly what the agreement will cover, other than what has been leaked and what the representatives of the countries have told the public.

There is cause for concern. In my opinion, international corporations are no doubt pulling the strings. Of course, this agreement will provide services and have many positive outcomes. But let's not forget perhaps what is being taken away with this agreement. According to WikiLeaks editor Julian Assange:

"The TPP has developed in secret an unaccountable supranational court for multinationals to sue states. This system is a challenge to parliamentary and judicial sovereignty. Similar tribunals have already been shown to chill the adoption of sane environmental protection, public health and public transport policies," Assange said.

Basically corporations now have the power to sue nation states who interfere, or for over-regulating. This is potentially dangerous. Corporations have already become giants: funding political campaigns in America, basically buying candidates for favorable policy, etc. (It's not all that much different in the rest of the world.)

This agreement discusses trade between countries, but what it doesn't say a word about is how much power and reach corporations will be given.

This runs into an even deeper problem. In America alone, the corporations that (or, who?) will benefit will also be in support of upper class growth. There is currently a disgusting wealth and income gap between the upper and lower class. Will this agreement alleviate this?

Or, will this agreement simply result in a common trend since the 90s: the rich get richer and the middle class thins out so much so that it basically disappears. A thinning out and disappearance of the middle class is the future I see.

However, the whole of the major details of the TPP have not been made public, and it is indeed possible that equal prosperity may arise from this agreement. This would make me happy. But, as it stands now, I fear for that this agreement will affect the presently imbalanced socioeconomic structure of the United States negatively. I fear that large and greedy corporations may take advantage of this agreement and become more powerful.

I shudder to think of how much more power corporations may then be able to wield over not just United States politics, but world politics. The conclusion on whether this would be beneficial for the world or not is up for debate, however I am of the opinion that such a theoretical situation would be disastrous.

The information that has been released thus far regarding the TPP seems to be a playground for corporations, and a cause for further disappearance of the middle class.

Bernie Sanders continues to gain support

Erika Hayden
Voice Reporter

Hey folks! It's been some time since I've written and I'm ready to jump in this year's column with the Presidential Campaign. Hopefully you readers out there have yet to be exhausted on this topic, because it has only just begun.

Last week the two main democratic nominees visited Western Mass and, though they are running for the same spot on the ballot, each event was phenomenally different.

Hillary Clinton, former Secretary of State, came to Holyoke on Thursday, hosting "A conversation with Hillary" at the Delaney House. Clinton's appearance was hosted by the mayor of Holyoke, Alex Morse, as a fundraising event. Tickets started at $500 and for the chance to take a picture with the democratic nominee frontrunner, tickets could be purchased for $2,700.

So far Clinton has managed to raise $28 million for her long anticipated presidential campaign in just the last 3 months. Her platform has focused mainly on supporting the middle class and small business owners, ending the wage gap for women, and ending substance abuse, among other things.

Holyoke Mayor Alex Morse told 22News, "The fact that Secretary Clinton continues to talk about Opioid abuse and drug addiction. We need to tackle those issues here in Holyoke and in western Mass and frankly all across Massachusetts."

Some locals gathered outside the event in hopes to see Clinton, but because of high security, none had the opportunity.

Clinton won the majority of Massachusetts voters over President Barrack Obama in the 2008 Democratic Presidential Primary.

Vermont Sen. (I) Bernie Sanders held an event at the Mass Mutual Center in Springfield where he drew a crowd of over 2,000 people. The event was free, unlike Clinton's appearance. Sanders focused on restoring the middle class and ending the wage gap for women, like his competitor Clinton.

Sanders also said that it would be necessary to have a 'political revolution' in order to take the greed out of our capitalistic economy. He also discussed ideas on health care as a right and not a privilege, education, raising minimum wage, and taking money out of political campaigns.

"There was a lot of energy there, and the crowd was so diverse in age groups. He's [Sanders] a big advocate for grass roots campaigns being ignited in all communities to create change in the political system, which is such a hopeful and inspiring message to people who are really feeling the burden from the ways in which these policies effect their lives and even to all who feel their voice doesn't matter, " said Meghan Fish, a senior at UMASS Amherst studying Communications and Political Science.

The Boston Globe reported that 20,000 people came to see Bernie Sanders in Boston on Saturday. Sanders's presidential campaign crowd was the largest in modern history in MA, but still only his third largest crowd of the campaign. In 2007 when President Obama held an event in Boston, he had only half the amount of people Sanders had.

U.S. Senator Elizabeth Warren has yet to make an endorsement, and some political analysts say it could sway which candidate wins over the Democrats in Massachusetts. Rumors of Warren joining Sanders as running-mate have been circulating since the summer.

from the editors' desks

US vs. Mexico

The USMNT take on Mexico on Saturday for a spot in the Confederations Cup in 2017

The United States and Mexico play this Saturday for one of the 8 spots in the CONCACAF Confederations Cup.

The Cup will be played in Russia in 2017, who is also hosting the 2018 World Cup. The winner of this tournament receives an automatic bid into the 2018 World Cup.

Jurgen Klinsmann and USMNT view this as a must win game for the program if they are serious about contending for the World Cup top prize in 2018.

Landon Donovan recently called for Klinsmann to be fired if the U.S. do not win the game against Mexico on Saturday.

"Around the world, if a player plays poorly and a player has a bad string of results, they get dropped from the team," he told ESPN FC. "Jurgen said many times he wants our players to feel pressure -- so if they lose a game they can't go to the grocery store the next day. If they lose a game, they are getting hammered in the press."

Donovan continued, "Well, the same holds true for the coach, and so we had a very poor summer with bad results in the Gold Cup. The last game against Brazil was probably the worst game I've seen them play under Jurgen.

Donovan, who may be the most respected voice in American soccer history, felt that Klinsmann should be held to the same standards as Dunga from Brazil or Vicente Del Bosque of Spain.

"The reality is that now, anywhere else in the world, if this coach had those results, and they lose this game against Mexico, they'd be fired...I think if Jurgen wants to hold all the players to that standard, then he has to be held to that standard too."

The United States team that will take the field against Mexico is filled with veterans that have played in World Cups and major club games before. One thing is certain, if Klinsmann cannot win this game with this team, then it be very difficult to regain the trust that he has built with Sunil Gulati, the president of the United States Soccer Federation.

When a game is sold out at the Rose Bowl, America takes notice. Those who watch casually become experts and the die-hard fans bite their nails for hours in anticipation.

Losing friendlies to Brazil in Foxborough is one thing, but losing to Mexico with the Confederations cup on the line is a recipe for disaster.

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

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arts & entertainment

FRIDAY, OCTOBER 9, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of October 7, 2015

Top 10 Singles

1. The Hills - The Weekend
2. What Do You Mean Justin Bieber
3. Can't Feel My Face - The Weekend
4. Hotline Bling - Drake
5. Watch Me -Silento
6. 679 - Fetty Wap Ft Remy Boyz
7. Locked Away - R. City Ft Adam Levine
8. Good for You - Selena Gomez - Ft A$AP Rocky
9. Cheerleader - OMI
10. Wildest Dreams - Taylow Swift

Top 5 Albums

1. Fetty Wap - Fetty Wap
2. What A Time To Be Alive - Drake & Future
3. Cass county - Don Henley
4. Cold Beer Conversation - George Strait
5. Beauty Behind The Madness

Top 5 Movies

1. The Martian
2. Hotel Transylvania
3. Sicario
4. The Intern
5. Maze Runner: The Scortch Trials

Upcoming DVDs

1. Die Hard
2. Dope
3. The Gallows
4. San Andreas
5. Tomorrowand

Rosenstock asks everyone, 'We Cool?'

Jeff Rosenstock's sophomore 'We Cool?' takes the life story of a well-known NYC underground performer and translates it into musical performance. Rosenstock has been performing and creating music since the late 1990s but his most recent album helps to truly define how he has grown in that time

Kevin Griffin
Voice Reporter

Jeff Rosenstock is a singer-songwriter from Long Island, New York. Rosenstock has an extensive history of music going all the way back to 1998, when he worked in multiple underground punk bands.

His 2015 album "We Cool?" is yet another phenomenal installment into the Jeff Rosenstock collective of music. From the hard-hitting rock tracks to the softer piano-based tracks, this album is one of my favorites in 2015.

I first heard of Jeff Rosenstock a few years ago when he created this intense and pioneering rock collective entitled "Bomb the Music Industry!" BTMI was an underground ska-punk band from New York that embodied everything that punk rock should be.

Rosenstock made it clear that he wanted this band to give all of their music away for free and play cheap all-age shows. This band created seven albums from 2005-2011.

These amazing, self-produced albums helped Rosenstock build a huge fan base in the underground NYC rock world. Rosenstock proved himself as an extremely creative and self-motivated artist by sticking with this project for nine years. This music collective officially ended in 2014.

I forgot about Jeff Rosenstock for a bit until I found out that he was touring with Andrew Jackson Jihad and The Smith Street Band. I caught the last couple of songs on his set and was absolutely blown away. I remember how much I loved his fast pace and overall happy music. I immediately could not wait to listen to his sophomore album "We Cool?"

As the album kicks off I can immediately hear the progression in Rosenstock's music. The track "Get Old Forever" immediately reels the listener in and gives a slight taste of older Jeff Rosenstock projects, but with a cleaner sound.

The smooth transition into the track "You, in Weird Cities" really drew me into the album. These tracks give off an early 90's Weezer-styled vibe. One of my favorite tracks on the album that really stood out is the single "Nausea." It is one of the more loose and experimental-sounding tracks that can be expected off of nearly any of Rosenstock's album.

I didn't expect this track to be very piano-driven because he performed it on an electric guitar when I saw him a few days prior. This came as a very pleasant surprise when I heard the studio version of the song for the first time. Rosenstock also implements the track "I'm Serious, I'm Sorry" to show his deeper and more caring side.

Jeff Rosenstock really defines himself as an artist in this album. "We Cool?" proves that Rosenstock can take his harsh punk-sounding roots and transform them into a clean and flawless rock album while still sticking to his roots.

KNOWING TO COOK

Under the Scandinavian Sun – An Exposé on Viking Food

Ryan Cashman
Voice Columnist

So, you are with your significant other and neither of you can decide where you'd like to go out to eat. You're both tired of Chinese food, not in the mood for pizza, sickened by the thought of consuming another hamburger, and the Indian place you both love is too far away and they don't do take out. Then, seemingly out of the blue, your partner says: "I know this great place that serves Viking food." Interested? Well, you should be!

The term "Viking food" is neither original nor at all characteristic of the types of foods you will encounter if you visit any of the countries that make up Scandinavia, which are Norway, Sweden, Iceland, Denmark, and some of Finland. I only used the term because it's funny. The joke itself comes from The Naked Gun. But I digress.

The Scandinavian Peninsula is the largest in all of Europe (1,500 miles long and 500 miles wide) and is surrounded by the following bodies of water: the Baltic Sea, the North Sea, the Norwegian Sea, and the Barents Sea. About a quarter of Scandinavia lies north of the Arctic Circle, with Cape Nordkyn, Norway being the northern most outcrop of civilization before the vast expansion of tundra that is the Arctic. This area of northern Europe may not seem to be an appealing area for food or any sort of gastronomical endeavor, but I assure you that it is a region sprouting with creativity and lusciousness combined together with some of (if not the) cleanest environmental habitats on planet Earth.

As with all peninsulas, Scandinavia has a long-standing and colorful history of boat building and fishing. Norse shipwrights during the beginning of the Common Era built the fastest and most versatile ships in the entire world. Sailing all across the rough waters of Europe's northern seas, they became the first early Europeans to cross the Atlantic and land in the New World, as archeological evidence suggests. So, with this long history of seafaring, the cuisine of the Scandinavian countries is very heavily influenced by the fish caught offshore and inland. Eel, cod, herring, Blue Fin Tuna, carp, lake and river trout, and salmon are just a few examples of the varieties of fish available to be caught and cooked all over the countries. One dish native to Iceland is called harkal, which is shark meat that has been fermented for 6-12 weeks, and then left out in a shack to dry. The finished product looks like leather and smells strongly of and tastes like ammonia due to the high content found in the shark meat. The smell and flavor derived from this dish has made many in the culinary world question the sanity of the Icelandic.

The Icelandic dish Harkal is a unique meal unlike any other. Shark meat is a fermented for 6-12 weeks and then hung in shacks (shown above) to dry for several weeks before serving.

Fermentation and preservation is a proud and strong tradition in all of Scandinavia, not just with fish but with other products as well. Reindeer and stag meat is often smoked or preserved in salt, butter and cheese are stored in cellars dug out of hills, and root vegetables are often canned and stored in basements or food cellars. There is, however, one fermented treat that stands out amongst the others as being particularly dangerous. Surströmming is fermented Baltic herring that is salted just enough to keep it from rotting and then sealed tightly in a can. The chemical process occurring inside of the can creates a pungent aroma similar to that of the harkal; the only difference is that it is trapped within the can creating a decent amount of air pressure inside of the can. Both Air France and British Airways have banned surströmming from being transported on the airlines for fear that the altitude and outside air pressure would cause the cans to explode.

Please don't be put off by the descriptions of these foods, because I've been told that once past the smell (at least in terms of surströmming) the taste and texture is actually very appealing and pairs very well with white wine, salted water crackers, and boiled potatoes. For those of you who don't like fish or anything fermented, Scandinavian cuisine still has much to offer you. Meat roasts — venison in particular — are very popular in Norway and Sweden in particular. The meat is often roasted with several vegetables as well, mainly beets and potatoes seasoned with plenty of dill. I cannot overstate the importance of dill in Scandinavian cooking. It is in literally almost everything that they cook and balances out the strong gamy flavors of the meats typically used in roasts. Bread is very popular in Sweden, the most popular being thin bread caked with caraway seeds native to Stockholm, the Swedish capital.

Still holding true to its roots as world-class sailors and fishermen, Scandinavia today is home to a plethora of creativity that is so worth discussing that I'll be writing even more about it next week. But here, as promised, is a recipe. While not truly Scandinavian in nature, there are two important ingredients in here: tuna and dill! Enjoy!

As always: Buona Tavola é Mangiare Bene!

TUNA PASTA SALAD

Ingredients:

12 oz can Albacore tuna
20 cherry or sunburst tomatoes, sliced in half
2 bell peppers, diced
Mayonnaise
Dill
Salt & Pepper
1 box elbow pasta

Instructions:

Bring a pot of water to boil and cook the pasta for about 12 minutes. Once cooked, drain the pasta and run it under cold water to stop the cooking.

In a bowl combine tomatoes, bell peppers, and tuna.

Stir in about 1 – 1 ½ tables spoons of mayonnaise and add the pasta and season with dill salt and pepper.

Serves 4-6

Keeps in refrigerator for about a week.

From The Front Page

whose area of study is outside of English also has a lot to say at this point as they were genuinely engaged with the seminar.

Senior English Education major Kelly Griffin, who is currently a student in Methods in the Teaching of English, expressed her satisfaction with the conversation, saying "the event was a great success overall because it got people talking about the way race and racism affect not only the classroom but the world around us."

English Professor and Coordinator of Secondary English, Sophia Sarigianides, speaks at Race and the English Classroom seminar.

Griffin, who is currently in the process of completing her pre-practicum at Holyoke High School, went on to explain that one cannot expect change if teachers are not teaching their students about racism and its relevance.

"Our students are the future of this country," says Griffin, "and teaching them that discrimination is an ongoing issue to be acknowledged and discussed will no doubt spark a fire in them to not only expect a better and more accepting world, but demand it."

As she prepares to enter her final semester and take on her practicum, Kelly Griffin brings not only genuine dedication but also immeasurable passion into her field, especially after having attended this professional development seminar two years in a row.

Says Griffin in a memorable quote from the night, "Race is an issue whether you talk about it or not."

Students participated in group discussions led by a mediator with experience in understanding ways race effects the way students learn in English classes.

English majors and others interested in education fields digested the words of current teachers in order to prepare for a time when they will run a classroom.

Are you a liberal?
Are you a conservative?
Do you have opinions?
Write about them!

The Westfield Voice *is looking for a columnist to write about politics.*

If you're interested, contact

Andrew Burke, Editor-in-Chief by emailing

thevoice@westfield.ma.edu.

Horoscopes

Aries (March 21 - April 19): An intense fight is on the horizon for you and a close friend. Your standpoint will be entirely incorrect, but you are much too arrogant to understand that.

Taurus (April 20 – May 20): Surprise, surprise, Taurus! That new excitement you've been craving will be delivered this week when that camping trip you have planned goes terribly awry.

Gemini (May 21 – June 20): That new, exciting love interest that you thought was full of promise? It's all a sham.

Cancer (June 23- July22): Avoid all Scorpios who openly loathe you.

Leo (July 23- August 23): Don't judge a book by its cover. You should be judging the snooty face of your next-door neighbor instead.

Virgo (August 24- September 22): Ignore all of the haters. You truly are an amazing topiarist.

Libra (September 23-October 22): It's time to pursue a new hobby. You're proving to be terrible at all of the ones you enjoy.

Scorpio (October 23-November 21): Your suspicions are correct. All of your friends really are out to get you. Sleep with one eye open this week.

Sagittarius (November 22- December 21): Don't count your chickens before they've hatched. A very grave winter awaits your chicken coup this year.

Capricorn (December 22-January 19): There are some improvements on the horizon, Capricorn! Not enough to notably change the terrible quality of life, but improvement nonetheless.

Aquarius (January 20- February 18): Your stomach will endure much stress this week. Stay far away from any and all seafood in the DC.

Pisces (February 19-March 20): Your good fortune only occurs once in a blue moon. It really is a shame that the moon is never blue.

gail's guidance

Dear Gail,

My boyfriend and I are running out of date ideas. We need something fun to do together this weekend while we are both home from college. Any ideas? Please help us!

Signed,
A Spark-less Relationship

Dear Spark-less,

Yikes. That's a tough one. Maybe you should just get a new boyfriend. Then you can cycle through all of the old dates with your new boo! But if you really don't want to get rid of the current boy toy, see if you guys can do some themed dates. For instance, now is the perfect time for apple picking, pumpkin carving, haunted hayrides, and scary movies. If you want to add some pumpkin spice to your relationship, you could always invite ya girl Gail over for some autumn-lovin' fun! Anyway, hope things work out with you and bae. Have fun bobbing for apples and chasing zombies.

Ya Girl Gail

owls athletics

FRIDAY, OCTOBER 9, 2015 MICHAEL BARRY, EDITOR

Owls lose nailbiter to Plymouth State

PHOTO FROM WSC ATHL. DEPT.

Tim Jaroche
Voice Reporter

The Westfield State Owls are 1-3 overall this season and 0-2 in MASCAC play. The last two games they have lost were by less than a touchdown, so the team is knocking on the door of success.

Their last game was last Saturday versus a competitive Plymouth State team. For much of the first quarter, things were even. That was until the last minute when Travon Holder caught a 20-yard pass from Erik Washburn for a score. Kicker Michael Orellana put the extra point through the uprights and the first quarter came to an end: Westfield 7 Plymouth 0.

In the second quarter, Plymouth state began with the ball but ended up punting, leaving the Owls with the ball on their own 35-yard line. After a sack for a nine-yard loss Westfield punted on 4th and 14.

Upon the punt, returner Matt Adamik of Plymouth State fumbled and Westfield's Jordan Brown recovered, giving the Owls the ball on Plymouth's 43-yard-line.

The Owls moved the ball efficiently and on 1st and 10 from Plymouth's 16-yardline; Westfield running back Bryan Waruhiu ran it in for a score. Unfortunately this time, PAT kicker Michael Orellana couldn't place it through the uprights. The score now was Westfield 13 Plymouth 0.

The rest of the second quarter was pretty messy by both teams. With five minutes to go, Westfield missed a 35-yard field goal. Other than that, every drive the rest of the quarter ended in a turnover by fumble or by punting.

In the third quarter, Plymouth state received the ball and ran four plays for 14 yards before punting. Westfield then got the ball and was held to 8 plays for 17 yards by the stingy Plymouth defense. After Westfield punted it away, Plymouth moved from their own 30-yardline all the way down to Westfield's 2 yard to run out the rest of the quarter.

With first and goal from the 2-yardline, Plymouth was held up until 4th down. At this point in the game, they had to go for it if they wanted to win, and that's exactly what they did. Plymouth RB Jonathan Young pushed it through the middle of a pile for a 1 yard score. The point after try was missed and the score was Westfield 13 Plymouth 6.

With 1 minute and 42 seconds to go in the game, Plymouth took the ball back after a fumble recovery by Mike Leonard who returned it 52 yards to Westfield's 12-yardline. On the second play of the drive, Plymouth scored on a 15 yard passing play. The extra point was good and just like that the game was tied 13-13. With 49 seconds left the Owls wouldn't risk turning it over, so they ran the clock out and headed to OT.

Starting the overtime with the ball on Westfield's 25-yardline, the Panthers wasted no time and scored in four plays with a 1-yard run from Jonathan Young. This made the score Westfield 13 Plymouth 20.

It was Westfield's turn now and if they didn't match the score, the game would be over. In three plays, QB Erik Washburn threw an eleven-yard pass to Colin Smith for the score and potential tie.

The tie relied on the wavering kicking game that was evident throughout the day. With the game on the line and the pressure at its highest, kicker Michael Orellana couldn't put it through the uprights and Plymouth finished with the win; a hard fought and entertaining game by both teams.

The rest of the owls schedule is all MASCAC games, the next being a home game this Saturday versus Framingham state at 1 p.m.

Scores of Past Owls Athletics Events	*Upcoming Owls Athletics Events*
Friday, October 2nd	*Thursday, October 8th*
M/W XC at Paul Short Invitational 32nd/32nd Place	M Golf at Westfield State Invite 11:00 am
W Vball at WNEU L 1-3	*Friday, October 9th*
W Golf at Middlebury Invitational	W Vball vs Keene State 7:00 pm
Saturday, October 3rd	W Soccer vs Framingham State 7:00 pm
W Soccer vs MCLA W 4-0	*Saturday, October 10th*
Football at Plymouth State University L 19-20 (OT)	Football vs Framingham State 1:00 pm
M Soccer at MCLA W 3-1	M Golf at ECAC Championships
Field Hockey at Keene State College L 0-2	W Vball at Springfield College
Wednesday, October 7th	M/W XC at James Earley Invite 12:00 pm
W Soccer vs Elms College W 2-0	W Vball vs ECSU 12:30 pm (Played at Springfield)
Field Hockey vs WCSU W 1-0	M Soccer at Framingham State 2:00 pm
M Soccer at Elms College W 3-1	Field Hockey vs UMass Dartmouth 6:00 pm
W Vball at Amherst College L 0-3	*Tuesday, October 13th*
	Field Hockey vs Smith 7:00

Men's soccer bounces back with victory over MCLA

PHOTO FROM WSU ATHL. DEPT.

Connor Glynn (above) scored the first goal for the Owls' in their most recent win against Elms College. It was his first goal of the season and only his second shot.

Andrew McIntosh
Voice Reporter

After a tough 4-0 loss to Curry College, the Owls men's soccer team has rebounded with a big road win against the Massachusetts College of Liberal Arts.

The game was this past weekend in North Adams, Massachusetts on the MCLA campus. The team had a 3-0 win to improve their record to three and six.

It seems that the Owls have been finding their stride in the past few contests, snapping their five-game losing streak. They have since won three games, tied one, and lost one other game.

There are two more road games until the Owls are back on their home turf against Worcester State on the Oct. 17. The Owls are on the top of the MASCAC undefeated in league play. They now share the top spot with defending conference champs Bridgewater State. Sitting at the top of league play has to be a good feeling half way through the season.

Now would be the time for the team to get hot considering they are getting into the thick of conference play. If they can string together a few more wins, the Owls may see themselves contending for some hardware at the end of the season.

Their opponents have outshot the Owls this season by almost eight shots per game. The team isn't generating enough scoring chances in order to have a better shot at winning games. In the past few games, though, they have been finding ways to win, which at the end of the day, is all that matters.

The Owls have great leadership, led by Coach John Evans and their captains Senior Kevin Bengle , Senior Matt Carvalho, and Junior Cody Baglow.

It was the underclassmen that were the heroes of the game for the Owls. The sophomore Sean Latherope was assisted by Brodie Keene in the first two minutes of the game to get the Owls off to a great start. Then it was 1-¬0 going into the second half and right out of the gate another goal unassisted for the Owls by freshmen Legend Mu'min, bringing the team a 2-0 lead.

MCLA then responded with a goal by Edward Boatemg to bring the game to a one-goal differential in the 58th minute. Then Connor Gilbert scored in the 81st minute to put the game away, assisted once again by Brodie Keene.

The next game for the Owls will be at Elms College later this week and then followed by a game against Framingham State. Hopefully the Owls can keep their current momentum going and put themselves in a position to challenge defending conference champions Bridgewater State. If there's one thing we've learned about this team, is that they have some fight in the, which will make for an interesting second half of the season.

Intramural Standings

1 Pitch Softball

Team	Wins	Losses
Hit It n Quit It	4	0
Ball Busters	4	2
Dirty Dogs	4	3
Bucks	3	1
Westfield Woks	3	3
Space Monkey Mafia	3	4
Below Average	3	4
Andy's Little Sluggers	2	6

3v3 Basketball

Team	Wins	Losses
Team Scott	6	2
The Spartans	5	1
Let's Work	4	0
Squad	2	0
Legends	2	5
Backdoor Bandits	2	5
Space Monkey Mafia	0	2

Flag Football Skilled

Team	Wins	Losses
69'ers	4	0
Bucks	4	1
Bye Week	3	0
ESPN Lies	3	1
Raw Dogs	3	2
Backdoor Bandits	2	1
Octopus G's	2	1
Below Average	2	3
Tig Of Bitties	2	1
Slow Swimmers	1	1
Tom's Deflated Balls	1	3
The Buckos	0	3
Dicky 250	0	3
Box Choppers	0	3
Yo Mom's Favorite Team	0	4

Flag Football Highly Skilled

Team	Wins	Losses
X	4	1
Space Monkey Mafia	3	2
Team Fruities	2	1
Money Team	2	2
Shockers	2	3

Volleyball Co-Ed

Team	Wins	Losses
Back to Back	10	0
Avengers	6	3
Lumber Jacks	3	6
Premature Shooters	2	6
Sets on the Beach	2	9
Bangaz	1	0

Flag Football Skilled

Team	Wins	Losses
Backdoor Bandits	6	0
Bucks	3	3
Volley Dohaerts	3	4
Yolo Swag	0	6

If you would like more information on Intramural Sports on the Westfield State Campus, please visit Lou Ann Simchak in Parenzo Gymnasium or email her at lsimchak@westfield.ma.edu

Cardin, Skelly earn MASCAC AOTW honors

WSU Athletic Department

Westfield State University cross country runners Mike Skelly (N. Middlesex/Pepperell, Mass.) and Jesse Cardin (Sutton/Sutton, Mass.) were named the Massachusetts State Collegiate Athletics Conference men's and women's athletes of the week.

The Owls competed at the 42nd annual Paul Short Run at Lehigh University in Bethlehem, Pa. on Friday, October 2. The Paul Short Run, hosted by Lehigh University at the Goodman Cross Country Course in Bethlehem, Pa., is one of the largest cross country meets in the nation with more than 5,500 athletes and 400 competing teams in multiple races.

Skelly, a senior, was the Owls' top runner across the line in the Men's College Brown Race in a time of 25:47 over the muddy eight-kilometer course. He placed 83rd out of 347 runners in the race, including teams from NCAA Division I, II and III schools. This was the second time that Skelly has earned the weekly league honor this season. The Owls placed 34th out of 39 teams. Shippensburg (PA) University, an NCAA Division II institution, took first place.

Westfield State sophomore Jessie Cardin (Sutton/ Sutton, Mass.) finished 21st out 387 runners in the Women's College Brown Race at the 42nd annual Paul Short Run, completing the six-kilometer course in 22:06. She placed fifth among runners from schools which compete at the NCAA Division III level.

The Owls placed 32nd out of 45 teams, with an average finishing time of 23:40. Saint Joseph's University (PA), an NCAA Division I opponent, took first place with an average time of 22:13.

Westfield will be back in action this weekend, hosting the 20th Annual James Earley Invitational meet at Stanley Park in Westfield. More than 40 men's and women's teams and 750 athletes are expected to compete.

Bruins look ahead to promising season

Jack Corsi
Voice Reporter

Friends, Bruins hockey is right around the corner, and let's just says I'm super excited. I can't wait much longer, so let's get right to it.

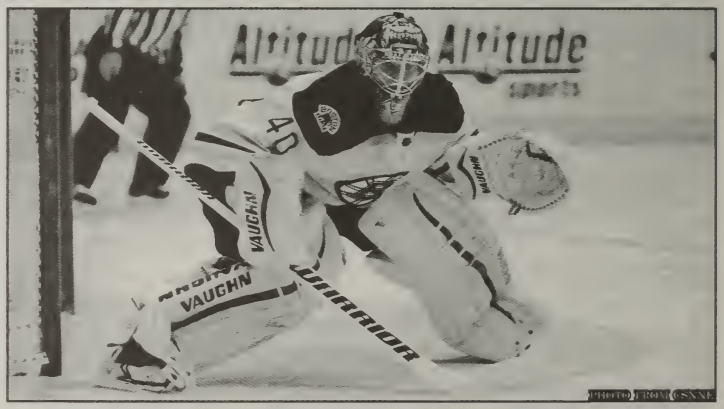
I'm a huge fan of Donny (General manager Don Sweeney) right now. The moves he made look good as of right now. The jury is still out on Connolly, but we have new grit in Rinaldo on line four, so I'm happy there.

I'll say it now: I need a line of Pastarnak-Krecji-Belesky. I think it has potential to really work. Belesky's a big man, Krecji has the hands of a god, and Pasta is a human highlight reel. Spooner could fill in once Krecji gets hurt, which unfortunately, has been inevitable as of late. With that being said, I doubt this line will see any sort of change, unless there is an injury. I think these guys could put up massive numbers together.

Marchand-Bergeron-Loui is most likely going to happen as well. I'm not a Loui guy — this is the 4th or 5th try for him with them — and it has yet to really work. I would rather see Alex Khokhlachev or even Jimmy Hayes in his place. But let's give Loui a shot for now. Eriksson could finally benefit from having more experience with Marchand on his line since he will have a heightened responsibility.

Line 3 will probably have Ryan Spooner and Jimmy Hayes. Besides them, I have not the slightest clue who they could put there. My best bet is Seth Griffith, but you never know with these rookies. Right now, they have Connolly penciled in there. This line could work: two bigger guys with the speedster in Spooner. But I really think Griffith is the guy for this line.

Line 4 seems to be Talbot-Kelly-Rinaldo. Yet another play where Khoklachev could be put, but I think they like the amount of grit those three have. Joonis Kemppainen, Tyler Randell and Brian Ferlin are also in the running, but I think Claude should stick with the three guys that are there first then work the others in at another time.



Tuukka Rask will have to continue to be a dominate goalkeeper if the Bruins want to have any shot at the playoffs this year. If their offseason acquisitions build off of last year, the B's have a legitimate chance.

Defensively Krug, Chara, and McQuaid will be the backbone. Seidenberg going down is not that big in my book. I also want to see what Matt Irwin has to offer. He and Kevan Miller could be two big hitters on the back end. I wouldn't mind Joe Morrow instead of Zach Trotman in the mix either; they are both very good players who need pro experience. There are also plenty of youngsters to figure in.

Tuukka will be a stonewall back in the goal. I expect Jeremy Smith to be the backup. I really liked him down in Providence, but Subban and McIntyre are not out of the running yet. Donny really needs to consider trading Subban because there is still some value there, so he should pull the trigger soon. I wouldn't mind having Dustin Byfuglien, but that is another issue for another day.

Are they a playoff team? To say the least, I think they are. Changing the philosophy will be tough, but then again it may not have to be. It all starts this Thursday when Winnipeg travels to the Garden.

107 years and counting:

The Chicago Cubs will win the 2015 World Series

Kris Bryant and the Cubs hope to turn around over a century of disappointment this year. Bryant had the highest selling jersey in the MLB for 2015 and hopes to carry that support with him during the postseason.

Nic Odell
Voice Reporter

The 2015 Major League Baseball regular season is winding down, which means it's time to start talking about the postseason.

One team that has caught my attention in recent months is the team from the south side of Chicago, the Chicago Cubs. They have been playing exceptionally well, with young stars such as Kris Bryant, Anthony Rizzo, and pitching ace Jake Arrieta. Veterans like Jon Lester have done a decent job in the rotation as well. Manager Joe Maddon has done a great job of leading this group of young talent.

The Chicago Cubs have done very well lately and, in my mind, should win the World Series.

Now, if you, the typical sports fan, are reading this article, you may stop at the above sentence and say to yourself, "This sports writer is nuts. They can't get past the Cardinals, let alone the Pittsburgh Pirates in the Wild Card game."

Well you, the reader, may be right. The Cardinals are by far the National League's best team, and they have a roster full of talent. The Pirates are probably the second best in the league. But the Cubs, in my mind, are a very interesting story, a story that dates back to 2011.

On October 12, 2011, former Red Sox general manager by the name of Theo Epstein agreed to a five-year contract to become the president of baseball operations for the Cubs. As you may know, Epstein was the man behind the Red Sox world championship teams of 2004 and 2007. Epstein was the one who "reversed the curse" in 2004. And now, he has the task of breaking the Cubs' 107-year World Series drought. Yes, it has been 107 years now since the Cubs last won a World Series back in 1908.

The Cubs have a long history of heartbreak. They last made it to the World Series in 1945, and then the great Cubs teams of the 1980s who also fell short. And then there was Steve Bartman, who, as we all know, caught that foul ball over Moises Alou in left field, although Alou could've caught it for an out, instead it was foul and the Marlins ended up coming back, winning Games 6 and 7 in the 2003 NLCS.

When Epstein took over in the fall of 2011, he had a rather different approach in building a roster. Instead of getting star veterans and signing them to long-term contracts, he relied heavily on developing players in the farm system. Epstein insisted that Cubs fans be patient as he works on developing players.

The Cubs finished in the bottom of the division in each of Epstein's first three years as president of baseball ops. Epstein kept insisting that they would get better.

In the offseason of 2014-2015, the Cubs started to make some moves to compliment the young talent. They hired Joe Maddon from the Tampa Bay Rays as manager, and signed veteran left-handed pitcher Jon Lester. They already had young talent in the minors such as Bryant and Schwarber and young players who already had major league experience such as Rizzo and Arrieta. Maddon has been proven to work well with teams that have young talent in the past such as the Rays (remember back in 2008? They won the pennant with young talent). Mix all this together and you've got a team that could be World Series contenders in the next few years.

The 2015 season began for the Cubs, and they were a bit sluggish. They were probably getting used to the new manager — or something along those lines. But then July rolled around, and that is when the Loveable Losers started to go on a tear.

The Cubs, at that point, had Bryant and Schwarber recalled from the minor leagues, and they started to pick things up. Arrieta continued his dominance, and Lester threw in some quality starts. They acquired veteran Dan Haren from the dismal Miami Marlins, and he started to come around after a couple shaky starts. During this tear, they've beaten teams under .500, but after that, they started beating teams like the Cardinals and the Pirates. They almost swept the Cardinals in a three game series at St. Louis, which is a rare feat. They've had success against the Pirates this year despite the Pirates being ahead of them in the standings.

And this is all because of young talent and a manager who works well with young talent. This all goes back to Theo Epstein's hiring in 2011. You don't get teams like this nowadays.

They are capable of beating the Pirates in the Wild Card game. They are capable of beating St. Louis in the NLDS based on what I've seen recently when they go up against the Mike Matheny-lead Cards. After that, they have a straight shot to the World Series (The Mets and the Dodgers are possible opponents in the NLCS, and the Cubs can beat them).

The Cubs are a unique story. They have had success in the past and fell short of a title, but I believe this year is different. The Cubs teams of the past had star veterans. Epstein took a different approach, and it has worked. Now all they have to do is win a World Series, and the whole prophecy from "Back To The Future" will come true.

NFL Week 4 cannot escape officiating controversy

The most controversial call of the weekend may have created an argument for rule reform and may have cost the Detroit Lions their season. Only time will tell if they can recover from this play.

Mike Barry
Sports Editor

Week four had a multitude of noteworthy events. The Jets and Dolphins played the leagues annual game in London. The Jets won the game by a decisive 27-14 margin. The loss for the dolphins resulted in this year's first coach firing.

Joe Philbin was fired after four seasons with the club, posting an overall record of 24-28. Between the lack of effort the Dolphins have shown in their disappointing 1-3 start, Philbin's firing was no surprise to anyone. Tight end's coach Dan Campbell has been named the new interim head coach.

There are just six remaining unbeaten teams left so far: the Patriots (who are only 3-0 due to a bye week), the Broncos, Panthers, Packers, Bengals and Falcons. Teams like the Broncos, Patriots and Packers were expected to be playing so well this early in the season. The Panthers, Bengals and Falcons, however, are a surprise to almost everyone.

The Panthers came into this season with star wide out Kelvin Benjamin out for the season. This left quarterback Cam Newton with few options to throw to. Regardless, this team has been able to win out thus far. Much of it may be credited to their easy schedule; however, undefeated is still undefeated.

Andy Dalton and the Cincinnati Bengals have been on fire so far this season. The defense has been healthy for the most part and playing up to their potential. On the other side of the ball, Dalton is finally getting the protection from his offensive line that he's needed, and the results have spoke for themselves. Obviously it isn't a good sign when a player only performs well when everything is going right, but as long as it is, the Bengals are going to be a force in the AFC.

The most surprising undefeated team (to me at least) has to be the Atlanta Falcons. The turn around this team has had since hiring new head coach Dan Quinn is amazing. What once was a soft defense that couldn't stop anyone has changed its mentality entirely.

Wide receiver Julio Jones is having a career year so far. He had a mediocre week four, but the rest has been amazing. Having nine or more catches in each of the first three games, Matt Ryan seems to be sending everything he can his top targets way.

Ending the week of games was this past Monday's match up between the Lions and the Seahawks. It was a low scoring—and frankly somewhat of a boring match—up until the last two minutes.

The Lions were down 13-10 driving down the field to try and seal a late victory. Matt Stafford threw a pass to Calvin Johnson that looked like it was going to be the game winner. As Johnson extended to break the plain Seahawks safety, Kam Chancellor dove from behind him and punched the ball out of his hands: one of the smartest defensive plays I've seen in a long time. Once the ball was out, linebacker KJ Wright ran over and tipped the ball through the back of the end zone, resulting in a safety and Seahawks' ball.

Seems like a smart play. There's only one problem: it's against the rules to tip the other team's ball through the end zone intentionally when on defense. The play should've resulted in an automatic first down for the Lions. For whatever reason, no call was made on the play, and the Seahawks won the game.

This should start a serious controversy looking into NFL refereeing. The refs claim that they were aware of the rule; it just didn't look like Wright made a deliberate attempt to swat the ball. If any right-minded person watches the film of this play, there's just no way you can believe that. The ref most likely just didn't know the rule, which is insane.

The loss brings the Lions' record to an abysmal 0-4, making them the only winless team in the league.

Week 5 action starts this Thursday with the Colts at the Texans and ends with the Steelers at the Chargers on Monday night.

Games & Leisure

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Look Up!

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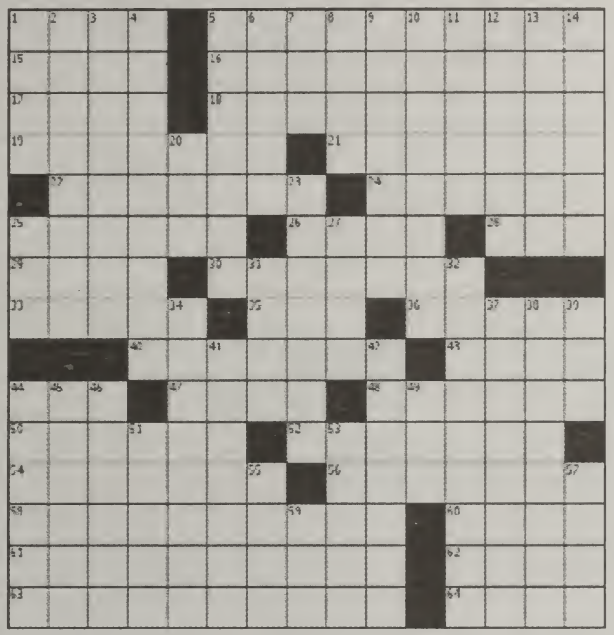
AIRPLANE
BIG DIPPER
BIRDS
BLIMP
BLUE SKY
CHIMNEY SMOKE
CLOUDS
COMET
DRONE
FIREWORKS
GALAXY
HAZE
HELICOPTER
HOT AIR BALLOON
JET EXHAUST
JUPITER
KITE
LIGHTNING
MARS
MERCURY
METEOR SHOWER
MOON
PLANETS
POWER LINES
RAINBOW
SATELLITE
SATURN
SKYDIVER
SKYSCRAPER
SKYWRITING
SMOG
SOLAR ECLIPSE
STARS
STREET LIGHT
THE SUN
TREETOP
UNIVERSE
VENUS



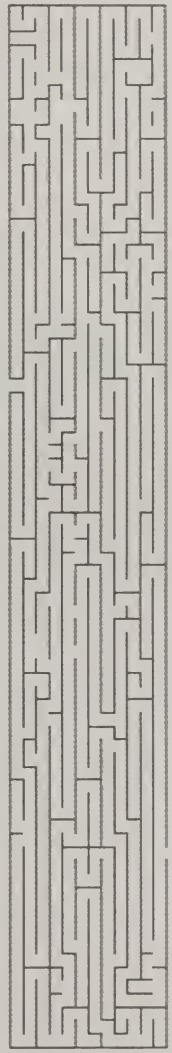
Across

1. Engage in logrolling
5. Check out
15. Bailiwick
16. Russian czar who fought Napoleon
17. Alpine site
18. Learn about in a new way
19. Almost ready to deal
21. Solid alcohols
22. They're for starters
24. Single-principle philosopher
25. Less certain
26. Norwegian hero
28. Start of a Midwestern capital
29. Plains natives
30. Extended
33. Laid-back
35. Brown is one
36. 1986 Indy 500 winner Bobby
40. One who can face facts
43. Hall of Fame safety Ronnie
44. Warmer
47. Secluded spot
48. Centers
50. Tough-sounding yarn?
52. Sugary and spicy, maybe
54. Rivers run through them
56. "The Thorn Birds" novelist McCullough
58. "Well, if you're gonna look at me like that ..."
60. Guns
61. Initial representation?
62. Come across
63. Postponed and restarted
64. Protester

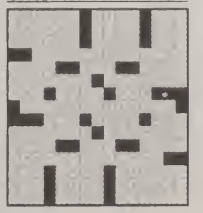
Down

1. The Tide
2. Pittsburgh nickname
3. 1988 Burt Reynolds film
4. One slow to get up
5. Collects
6. Lament
7. United Airlines affiliate
8. '40s foe
9. In mid-spring of 2005
10. Quick job
11. Deck out
12. Lacking, with "of"
13. Blackmailer's words
14. Breakthroughs
20. '50s slogan name
23. Putting letters in boxes?
25. URL part
27. Puts down
31. Carpet quality
32. 1989 Peace Prize recipient
34. "Go easy"
37. Trainers, jockeys et al.
38. Where to see Whistler's "Lady in Gray"
39. Sgt.'s superiors
41. Contended
42. Pitcher
44. Cut corners
45. Essential RNA component
46. Sparks setting
49. Angled extension
51. Verbose
53. "Where __ from ..."
55. Prefix with gram
57. Denier's comment
59. Service abbr.

Maze



Crossword Solution 10/2



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THIS WEEKS EVENTS

Date	Time	Event Name	Location
10/11	4:30-6 pm	Chicken Nugget Bar	Dining Commons
10/12		No Class Today—Columbus Day	
10/13	7 pm	Field Hockey vs. Smith College	Alumni Field
10/14	11 am	Pet Therapy	Ely Campus Center
10/14	12:30 am	Catherine Dower Student Recital	Dever Auditorium
10/14	6 pm	Student of Qur'an and Ahadith	Interfaith Center
10/14	7 pm	Women's Soccer vs. WNEU	Alumni Field
10/15	4:30-8 pm	Global Chef Andras Brenneker	Dining Commons
10/15	6 pm	Open House Master of Arts in English & Master of Ed	Horace Mann Lower
10/15	6 pm	Salsa & Jazz Band	UHall Lobby
10/15	7 pm	Women's Volleyball vs. Eastern Nazarene	Woodward Center
10/16	Lunch	Global Chef Andras Brenneker doing the Island Station	Dining Commons
10/17		Homecoming	On Campus
10/17	11 am	Code Blue: Women's Volleyball vs. Bridgewater State	Woodward Center
10/17	11 am	Men's Soccer vs. Worcester State	Alumni Field
10/17	11 a—4 p	Global Chef Grilling At The Soccer/Football Game	Alumni Field Area
10/17	6:30 pm	Choral Festivals Rehearsals & Concert	Dever Auditorium
10/18	11 am	Mass	Interfaith Chapel
10/18	7 pm	Taize Ecumenical Prayer Service	Interfaith Chapel
10/18	Open	Muslim Open Discussion/Issues	Interfaith Center
Nature Up Close: The Work of John Colt (ends Oct 17) in the Arno Maris Gallery, Ely Center			
Need Free Advice About Eating? Stop By Lammers Hall, Annex A w/ Andrea Reyes By Appointment			

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

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Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 ***IT (Wilson) - 5528***

The Westfield Voice

FRIDAY, OCTOBER 16, 2015

westfieldvoice.com
@westfieldvoice

Dr. Curt Robie gives updates on captial, contruction plans

Ryan Caulfield
SGA Correspondent

On Tuesday, Oct. 13, Dr. Curt Robie, associate vice president of capital planning and construction, presented key updates and announcements on Westfield State University's main capital and construction projects to the Student Government Association.

Dr. Robie started his updates with the new science building, saying that one can see the project's progress just by looking at it.

"It is on schedule and on time, and it will be an exciting building," Robie said.

He said that Science Departments could be moved into the new building as early as May 2016.

Robie stated which academic department would occupy each floor of the Science Building.

The first floor will have the Environmental Science Department. The second will be entirely comprised of the Biology Department with full research labs. The third floor is the Chemistry Department and one room with a high-tech lab to which multiple departments, ranging from Criminal Justice to Economics, have access. Lastly, the Nursing Department will have the fourth floor.

Robie also announced a new electric charging station for vehicles that run on a battery, which will be open to the general public and constructed in the commuter lot.

The Horace Mann Center will be going through renovations that cost a little over $1 million. Robie said that the main entrance—including the side entrance—is to be renovated. This will affect how students can enter the building.

He said the stairs leading to the basement level could be a way for students to access the building during the project, but a notice will made to students who need to access the building

In addition to touch ups in the interior, Robie said that all the handicap ramps would be renovated.

The renovations have started and will continue from now until completion in the spring semester.

Robie said a new proposal for bleacher seats for the softball and baseball fields is in the works. He said the project would be financed entirely from money raised and donations, not by the state of Massachusetts.

It will cost $285,000 and will start in May and end in June 2016.

Robie touched on the renovation plan progress for Juniper Park Elementary School. The school was officially purchased by Westfield State last June, and the university plans to move the Music, Theater, and Art Departments to the school.

"The good news is we can give the Music, Theater, and Art Department a center where they each have new rooms and equipment, but the bad news is we need to raise $35 million," Robie said.

Robie said the ideal construction time for Juniper Park would be from Jan. 2016 to Sept. or Dec. 2016.

He said it is an ambitious task but achievable. He finished the updates by saying $500,000 will be used to renovate the Public Safety Complex in 2017.

He also said that Davis Hall would have an elevator installed over the summer. Dickinson Hall will follow suit in 2017.

"We desperately need another Higher Education Bond Bill," Robie said.

He said that a committee with state schools advocating for a capital renewal plan would give money to state schools for renovating but not for constructing new facilities.

After Robie's report was finished, he announced that he might retire in December and that this could be the last SGA meeting he will attend.

"It has been an honor to come down and work with the student senate for 34 years. You guys do great work and should be proud of what you do; and it's been a privilege working with you folks," Robie said.

After the applause for Dr. Robie, Evelyn Dina, president of SGA, gave a small report and thanked those who were wearing pink to support Breast Cancer Awareness Month and the Rays of Hope walk.

She called for senators to attend the presidential candidates' student forums.

"It is your duty to inform your constituents about each candidate," Dina said.

She finished by announcing that Interim President Dr. Elizabeth Preston will be at the next SGA meeting.

Brandon Trafford, vice president of finance, presented a comprehensible SGA budget report, which was met with praise and will be the new standard for every semester.

Trafford's presentation of the 2015/2016 SGA budget highlighted what would be allocated to the various clubs on campus.

The SGA has $443,900.60 for this year. All of this money is allocated to the SGA and clubs, with leftover money for additional clubs upon request. Trafford said the SGA has no reserve funds at all, which caused concerns.

He used Spring Weekend as an example of why the SGA lost most of its reserves over the years: it is the most expensive event to pay for, and the University relies on students to buy tickets and other packages from it.

"Spring Weekend's returns were and have been very low," Trafford said.

He said that the university gambles each year on deciding how much money to spend on Spring Week-

see **CAULFIELD** *on page 3*

In this week's issue

Campus pages 1-6
SGA
RHA
Op-Ed pages 7-9
'The Conservative View'
'The People's Perspective'
A&E pages 10-12
'Knowing to Cook'
'V" by Wavves Review
Sports pages 14-18
Men's Soccer
Women's Soccer

The objective student press of Westfield State University

VOLUME VII, ISSUE IV

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RESIDENCE HALL ASSOCIATION

November movies voted on during RHA general board meeting

Gina Muller
Layout and Design Editor

Last Thursday RHA held its second general board meeting of the semester in University Hall. Upcoming events were discussed including the finalization of the Halloweentown movie event that is to take place on Monday, Oct. 26.

The movies that will be shown on channels 81 and 82 for the month of November were voted on and finalized. They include Insidious: Chapter 3, Jurassic World, Magic Mike XXL, Pursuit of Happiness, Top Gun, Stuart Little, The Blind Side, Dances with Wolves, The Goonies, American Sniper, Lone Survivor, and Saving Private Ryan. Each month, new movies are voted on by the RHA general board and will be shown the following month.

President Brendan McKee asked all of the general board members present at the meeting to bring a contact sheet of everyone on their building's hall council for the next meeting.

Hall council meeting times were discussed, and each member representing their residence building stated an updated meeting time. These updated meeting times are as follows:

Courtney Hall – 8:45 p.m.

Davis Hall – 5:30 p.m. executive board, 6 p.m. hall council

Lammers Hall – no change

New Hall – no change

University Hall – no change

Dickinson Hall – Thursdays 6 p.m.

Scanlon and apartment complex still not represented

November movie selections, residence hall events and charges were discussed in last Thursday's general board meeting. Executive board members from left to right Gina Muller, secretary, Emily Butynski, ncc, Lauren Grams, vice president, and Brendan McKee president.

Lauren Grams, vice president of the executive board, led the discussion about the hall council point incentive program. Each residence hall will be rewarded for their participation and collaboration with the RHA executive board. Collaboratively, Grams and the RHA composed a point system for the halls, which is as follows:

- 1 point for each additional council member (on top of the VP) that attends RHA general board meetings.
- 1 point for each general hall council member (a member that does not serve on the executive board of a hall council and is a resident of the hall) that attends hall council meetings and RHA general board meetings.
- 1 point for every 10 people that attend each event the hall council hosts (accurate attendance list needed).
- 5 points for each program a hall council throws with an RA from their building (photo and RA signature needed).
- 5 points for hall council members involved in volunteer work/community service (photo needed).
- 10 points for every faculty/staff member who helps with a hall council event (photo and signature of staff member needed).
- 10 points for submitting an article about an event to The Westfield Voice (photos and photo credits needed). An attending member of the event must write the article and get it published in the paper to earn the whole 10 points.
- 20 points for a hall council that puts on a program with RHA. Each hall council that wants to do so must be prepared to submit a program proposal with proposed funding, necessary volunteer help, advertisements, etc. Each hall council will work closely with Amy MacDonald, programing chair, and Samantha Geissler, treasurer, throughout the process. Try to get proposals in early for the best chance of funding and assistance, as funds will be depleted as the year goes on.

The board members went around the room and representatives from each residence hall reported on their past and/or future events. They are as follows:

Courtney Hall – Past Events: "Meet Your Hall Council" event with wings on Oct. 15. at 5 p.m.

Lammers Hall – Future Events: A social hour and Patriots viewing party with wings. Oct. 18 at 8:30 p.m. when the game starts.

University Hall – Past Events: "Friday Night Stop Light" event on Oct. 9. Attended by 30-40 people. The outcome was not as large as expected but raised approximately $50. Decided that the best way to improve future events is to single them down to one room. Future Events: trick-or-treating event and movie trivia night with prizes, both TBA.

Davis Hall – Future Events: Pizza party event, TBA.

New Hall – Future Events: Pumpkin carving and painting event on Oct. 21. Collaborating with Relay for Life on Oct. 20 and helping them pass out candy for reverse trick-or-treating.

Dickinson Hall – Past Events: Board games with pizza and wings on Oct. 8.

Future Events: Old movies event at the end of the month, date TBA.

The board members also went around the room and representatives from each residence hall reported on the issues in their building, including charges and damages. They are as follows:

Lammers Hall – Hall Council reported that it seemed like people are working together to address the cleaning charge situation.

University Hall – There have been minimal damages, such as broken pool sticks.

Davis Hall – Davis Hall Council reported that they had surpassed Level One in the CLEAR program for charges.

New Hall – New Hall plans on voting on how the charges throughout the hall will be distributed. Ballots will be passed out soon.

University Hall – All

see **MULLER** *on page 3*

campus news & life

FRIDAY, OCTOBER 16, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
A woman who was gang-raped in 2012 in her University of Massachusetts dorm has filed two civil lawsuits Tuesday linked to her rape, one against the University and the other against three men convicted in the rape and another man facing trial in the coming months.

The Harvard Crimson,
HARVARD UNIVERSTIY
Two Harvard faculty members received MacArthur Fellowships—commonly referred to as "Genius Grants"—at the end of September, giving them $625,000 each in unrestricted funds for future research.

The Daily Campus,
UNIV. OF CONNECTICUT
In an effort to convince fast food restaurant chain Subway to end the use of animals treated with excessive antibiotics, University of Connecticut student organization UConnPirg has launched a nearly weeklong outreach campaign.

The Daily Orange,
SYRACUSE UNIVERSITY
At a ceremony Wednesday at the Central New York Community Foundation in downtown Syracuse, local, state and federal leaders celebrated the completion of the construction. along Connective Corridor

From The Front Page

end, and he admitted that last year's was a big loss for the University.

Barbara Hand, SGA advisor, said that in 2011 the SGA was tasked to spend its reserves efficiently, and most was spent on making sure transportation was given for events and additional purchases for clubs.

"We need to get our reserves up, but all the reserves were put towards student programing and university needs, which was worth it in the end," Hand said.

Trafford's detailed report was the first of its kind in SGA, and multiple senators praised how the format of the report was done.

Hand said each year to come would have a report like the one Trafford made, including updates every semester.

Andrew Morin, president of the class of 2017, announced that Mr. Westfield would be on Apr. 23 at 8 p.m. in the Dever Auditorium.

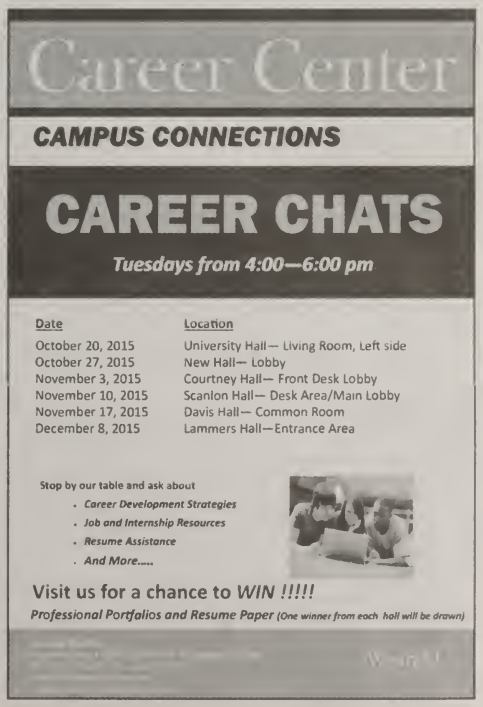
The next meeting of the Student Government Association will be Oct. 20 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

From MULLER page 2

of the ballots regarding distribution of charges are in. University Hall Council will decide between the top two choices in the next meeting. One major charge included a water fountain coming off of the wall. The council also discussed budgeting with their RD.

Scanlon Hall – Scanlon Hall Council discussed the issue surrounding the destruction of posters and RA event advertisements. People in the hall have been ripping these posters/advertisements off of the walls.

Also, Emily Butynski, NCC revealed that there are now open spots for the NEACURH conference in New York and that the alternate delegates will now be able to officially attend the conference in addition to two other body members.



Unique fundraiser at the farm and studio of Josh Simpson to benefit Westfield State scholarship

From Press Release

The Westfield State Foundation will host "Josh Simpson: Up Close and Personal," a benefit event at the home of internationally known glass artist Josh Simpson in Shelburne Falls from 1 to 4 p.m. on Saturday, October 24.

With limited tickets available, the afternoon's activities will include a wine and cheese reception, a special glass blowing demonstration, a personal tour of Simpson's studio, and a visit to the Salmon Falls Gallery, where his works are exhibited and sold. Optional transportation to and from the campus of Westfield State will also be provided.

The event will benefit the Josh Simpson/ Cady Coleman Scholarship for Art and Science Education, which was established to honor Josh and his wife, astronaut and chemist Cady Coleman, who were awarded honorary doctorates at the university's commencement ceremony in May 2014.

One of Western Massachusetts' most renowned artists, Simpson is represented at the Smithsonian Institute, the Boston Museum of Fine Art, the Corning Museum of Glass, the Yale University Art Gallery and museums in Prague, New Zealand, Spain, Switzerland and Canada. Public Television has also produced two documentaries on his craftsmanship.

"This event provides a very rare opportunity to witness the artistry of Josh Simpson, as he opens his furnaces for the first time since springtime," said Michael Knapik, executive director of The Westfield State Foundation.

"Thanks to Josh's generosity, a select group of folks will be welcomed to Josh's beautiful farm and studio, which has magnificent views of the Berkshire Hills in autumn," Knapik continued.

There are two ticket options for the fundraiser. $125 tickets include the reception, glass-blowing demonstration, tour of the studio, gallery visit, optional transportation as well as entry into a drawing for a Josh Simpson "Megaplanet" to be awarded after the demonstration. $250 tickets include a gourmet harvest lunch with Simpson in his farmhouse at noon, prior to the afternoon's activities. It also includes two tickets for the Megaplanet drawing, optional transportation and a special Josh Simpson remembrance, valued at $75.

"In these particularly challenging financial times, the Westfield State Foundation is indebted to Josh Simpson as a valued partner, who knows well the importance of scholarship assistance in the lives of our students, " explained Knapik. "All proceeds from this unique fundraiser will be donated to the Josh Simpson/ Cady Coleman Scholarship Fund, which will be awarded to students, pursuing careers in art and science education."

Reservations may be made online at westfieldalumni.org/JoshSimpson or by contacting Advancement Officer Bob Plasse at 485-7363 or at rplasse@westfield.ma.edu.

Internationally known glass artist Josh Simpson will hold a benefit at his home in support of the Westfield State Foundation and Scholarship.

Letter To The Editor

Let solar power go viral

Rob Sargent
Voice Contributor

Fossil fuel and utility companies are trying to stop the growth of solar power in the country. Due to the threat to business, these companies have repeatedly worked with government officials and regulators to put caps on net metering, making it harder to sell back energy produced from solar panels to make a profit. These large companies also have dubious signatures and petitions to go against the solar power movement. Electric utilities and the oil and gas industries are the third and fourth biggest spenders on federal lobbying in the United States.

These big gas and fossil fuel companies have the government in their pocket. That's why we're asking governor Baker to help raise the caps on net metering on the energy from solar panels and to have the state of Massachusetts go 20% solar by the year 2025.

More jobs will be created, less harmful chemicals and fuels would be in the air, and better drinking waterwould be available for all.

In mid 2015, over 21 states have put policies to make solar energy less economically possible. Let's be the state that makes it our priority to live better as a community.

If You Have An Idea, Thought, or Criticism, Please Send A Letter To The Editor To thevoice@westfield.ma.edu And We Will Publish It In The Paper.

Parking problems persist in new semester

Nick Sarnelli
Head Copy Editor

Westfield State University commuters complain that parking has become especially scarce this semester because of the construction of the new science building.

While new spaces have been opened up in front of Juniper Park School and in the lot at the Apartment Complex, some commuters said they still struggle to find spaces, sometimes even in South Lot.

"There is just not enough close parking for everyone. It just comes down to luck, honestly," said Jennifer Kulig, a fourth year business major.

"Every commute to school is different, so you never know how much time you'll have to look for parking and get to class," said Kulig, who has been a commuter since she started in the fall of 2012.

"[Parking close] comes down to either having to skip a class or get a parking ticket," Kulig said.

Some students, however, do not share such a strong opinion.

"[Parking at the university is] not horrible but can be improved," said Alan Ash, a third year history and criminal justice double major.

In fact, Ash only had one critique.

"It's a bit narrow in commuter and can be tight with incoming and outgoing traffic near the light," Ash said.

Since more students now have to park in South Lot, one would think that the shuttles that normally travel from South Lot to Scanlon Hall would be more reliable; however, this may not be the case.

Kulig said that usually, if she is parked in South Lot, she is already running late from searching for a spot in other lots.

"I just start walking because I don't have time to wait [for a shuttle]," Kulig said.

Fourth year psychology major Nate Ireland shared this view.

"[Although] the PVTA is available regularly ... [it] is not something I try to rely on," Ireland said.

While the PVTA bus is often in South Lot, the bus goes from South Lot to the Horace Mann Center on the opposite side of campus, so by getting on that shuttle a commuter who has classes elsewhere on campus risks being late for class anyway.

"The shuttles from South Lot are far too irregular. I usually end up walking from South Lot," Ireland said.

"I think parking at Westfield State is absolutely awful, and it is extremely frustrating every time I try to find a spot during a day class that starts any time before noon," Ireland said.

Other than improving the shuttle system, parking garages typically seem like the next obvious answer to a parking problem; however, this may not be practical for Westfield State.

"It would just be as frustrating to go all the way up and all the way back down looking for a spot as it would be to just go to South Lot," Kulig said.

Nate Ireland, however, felt differently.

"I think that even though a parking garage would add a little time searching for a spot, if it added enough spots then it really wouldn't matter. It would probably help more than it would hinder," Ireland said.

This begs the question as to just how effective a parking garage would be. Just how much would a parking garage cost?

Most importantly, is this something to expect the university's future plans?

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE REPORTED	TIME	GERNERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Bomb Threat	15-444	10/1/2015	10/1/2015	1425	Woodward	On	Investigated
-Drug Law Violation	15-470	10/8/15	10/8/15	2007	Davis	On	RSC
-Equipment Violation	15-54-AR	10/9/15	10/9/15	0318	South Lot	On	Arrest
-OUI	"	"	"	"	"	"	"
-Drug Law Violation	15-472	10/9/15	10/9/15	1359	Dickinson	On	RSC
-Check Person	15-475	10/9/15	10/9/15	2322	Courtney	On	Trespass Notice
-Liquor Law Violation	15-474	10/9/15	10/9/15	2324	University	On	RSC
-Liquor Law Violation	15-477	10/11/15	10/11/15	0216	Welch	On	RSC
-Malicious Destruction	15-478	10/11/15	10/11/15	0100-0609	Scanlon	On	Investigated
-Malicious Destruction	15-479	10/12/15	10/12/15	0207-0249	Courtney	On	Investigated
-Harrassment	15-481	10/13/15	10/13/15	1055	Lansdowne	Off	Investigated
-Registration Revoked	15-55-AR	10/13/15	10/13/15	1113	Woodward Lot	On	Summons Mailed
-Suspended License	"	"	"	"	"	"	"
-Lisence Plate not Attached	"	"	"	"	"	"	"

from the voice vault

These articles were published in the ***September 24, 1985*** *issue of* The Westfield State Owl.

Summer Music Camp a Success

This summer, from July 8-19, the WSC Community Music Program sponsored its first annual "Summer Music Camp for Kids."

Director Patrice Donald was very enthusiastic about the attendance, which was higher than expected. According to Ms. Donald, the aim of the program was to provide area children with quality music education at an affordable price, without sacrificing their summer fun.

The staff included both WSC faculty and professional musicians, such as Dr. Theodore C. Davidovich (Choral Director), Thomas Gannon (French horn), Lynn Klock (woodwinds), Martin Kluger (percussion), Peter Weitzner (Orchestra Conductor), Ms. Perri Morris (upper strings), and Stephen Schiller (trumpet).

Another "Camp" is being planned for next summer, and is expected to draw even more students. But even this fall, Ms. Donald is busy - the CMP also offers area residents lessons in all instruments and voice, as well as special courses in music appreciation, piano tuning, and the history of rock and roll.

For information regarding any of these programs, contact Patrice Donald at the WSC Music Department at 568-8311, extension 356.

Court Dorsey Returns To S.U.

"The Burrow", a one-man show featuring well-known actor Court Dorsey, will once again play the S.U. Theater this coming October 3.

The play, if you missed it last year, is the inner, manic monologue of an eccentric character who holds up in a maze of underground chambers where he feels safe from the rest of the world. Ironically, the greater the safeguards he builds, the more paranoid he becomes.

Written by Dorsey and Michael Funk, the play is often viewed as an anti-nuclear statement. It was adapted from the short story by Franz Kafka, and is an intense blend of emotions. "The Burrow" is a theatre experience not to be missed.

Court Dorsey in his burrow.

Ely Art

The Ely Art Gallery at Westfield State College will exhibit paintings by Lawrence Kupferman from September 19 through October 31.

Kupferman (1909-1981) attended art school in his native Boston, and taught at the Massachusetts College of Art for twenty-five years. In the 1940s he became a part of the Provincetown circle of artists which included Mark Rothko and Adolph Gottlieb. While Kupferman is considered a pioneer of abstract expressionism, the biomorphic shapes in his paintings reveal a keen sensitivity to nature. The Ely Art Gallery will exhibit thirty of Kupferman's works from the 1960s and early 70s.

The Ely Art Gallery, located in the Campus Center building, is open Tuesday through Saturday, 1:00-5:00 p.m.

Want to see more stuff from the voice vault?

Contact **Andrew Burke**, editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice.**

John Forster replaced by Ray Handy of Springfield College

by Dana Goldstein

Mr. Ray Handy, the Resident Director of Scanlon dormitory, is a new face to students and faculty here at Westfield State College.

Originally from Binghamton, NY, Handy is a graduate of Springfield College and holds a degree in Rehabilitation Counseling and Psychology. While doing his graduate studies at Springfield College, Handy also participated in the teaching curriculum, teaching skill classes in the Physical Education department.

Mr. Handy is a former Dorm Director from Springfield College, where he worked for two years. Previously he was an assistant Dorm Director working under the auspices of John Forster, Scanlon's former RD. Handy also coached the Springfield College football team for three years.

In regards to the new rules and regulations on campus, Handy mentioned that there has been no major infractions of the policies at Scanlon dorm. With the new twenty-four sign-in policy now in effect, all students must present a valid WSC ID to the security person on duty in order to enter the building. The alcohol policy will be strictly upheld.

"As with every policy, there is always someone who won't like it and will go against it," said Handy. The offenders at Scanlon, however, have mostly been upperclassmen, as the recent incoming freshmen have not experienced the old rules that were formerly in effect.

This twenty-four hour policy is similar to the rules Mr. Handy experienced while at Springfield College. The doors in all dorms were locked, except for the main entrances. In the women's dormitories, the men were allowed only in the lobbies. Although this may seem harsh, Mr. Handy said that it is a necessary precaution for security reasons.

□ □ □ □ □ □

The security system now in effect also differs from the policy of last semester. Many students have noticed red jacketed security personnel in the lobbies of each dorm. These people are a part of a twenty-four hour security system for the campus.

"I think it's good (the twenty-four hour policy) because you always know who is in the building at all times," said Handy. This rule also helps the alcohol policy stay on target.

In Scanlon dorm, as with all WSC dorms, there is no alcohol consumption allowed by minors. This is being strictly enforced this semester, and a violation of this rule can result in loss of housing. If a resident of Scanlon is visibly intoxicated, Handy says that the security personnel or I.P.P. will escort them back to their rooms. If the person refuses, Campus Police will be called for further action. "This way," says Mr. Handy, "it cuts down on the liability for WSC regarding drunk driving accidents."

However, for a legal drinker in the dorms, the policy has remained fairly constant. Each person is allowed to bring in one and one-half cases of beer or two liters of hard liquor per twenty-four hour period. The alcohol is recorded by the security personnel in a log book. Also, within each room, there is a similar alcohol limit.

□ □ □ □ □ □

Handy feels that an RD at WSC has the freedom to run the dorm in their own style. At Springfield College, Handy more or less regulated student activity.

While at Westfield, Mr. Handy also noticed a difference in the residents. At Springfield College there were many competitive students who were outgoing leaders, while here at Westfield State, Handy finds that there are many different types of people.

Army Honors 8 WSC Students

Several Westfield State College students that successfully completed the US Army's ROTC Advanced Camp at Fort Bragg, North Carolina this past summer have been selected as members of the Cadet leadership to head up the Springfield Area Army ROTC Cadet Corps in School Year 1985-1986, according to Major Patrick Howes, Officer in Charge of the Springfield CCGS Army ROTC Detachment based at Western New England College.

The eight Westfield students are David Viens, Nicholas D'Angelo, Gerald Catrett, Andrew Stathis, Richard Nunes, Mitchell Card, Maureen Taylor, James Tarantino, and Steven Andress.

Each student spent 6 weeks at Fort Bragg, learning to be officers and leaders in the United States Army and are candidates for a commission as Army 2nd Lieutenants upon graduation from Westfield this year.

"I'm particularly proud of these nine Westfield State students", said Major Howes. "All placed in the top half of the almost 3,700 ROTC cadets who attended this advanced training from colleges and universities across the entire Eastern United States. This is quite an accomplishment and a tribute to these students, their dedication, physical fitness and desire," Howes added.

As ROTC advanced cadets, these students will assume leadership responsibility as Cadet Officers in the student corps of Cadets. They will plan, coordinate, organize, and execute the training for the junior, sophomore and freshman cadets throughout this school year.

"Army ROTC is an opportunity for college students to learn valuable leadership skills they can apply to everyday life while they pursue their college education. It carries academic credit and opportunities for adventure training and a commission as an Army 2nd Lieutenant for those who measure up", Howes added.

This year Westfield State will have its own Cadet Company within the Western New England Corps of Cadets structure. Cadet Captain Andrew Stathis will be the Commander.

Westfield's Cadet Captain Richard Nunes of Chicopee, MA works a map problem as part of his ROTC training.

opinions & editorials

Friday, October 16, 2015 Race Rugh, Editor

Letter To The Editor

The Presidential search is something students should take part in

From Anonymous

Dear Campus Community,

I hope that you share my level of emotion when it comes to the activities of these past two weeks.

By the time this letter is published, the last presidential candidate will have arrived and nearly departed from the campus.

Looking at the attendance of the past few student forums, I have found myself discouraged by the lack of interest from all aspects of campus life throughout the forum.

For some reason or another, the campus community is disinterested in the presidential search, and it shows.

Turn out from both students and employees is relatively low, and the rumor mill is that those who have attended are not as impressed as they would like to be.

Now, the reason for why I am writing this.

While discussing the forums and presentations of the candidates with friends, the common theme was disappointment in either the answers the candidates gave or the plans they have in mind.

Whenever someone thought of a good quality that a candidate had, someone had an equally worse quality to counter it. It seemed that no one was overly impressed with anyone.

"Well, we have to pick one," I said to my friends. "Who is it going to be?"

They all looked at each other until finally someone said, "Why do we have to?"

When I just laughed it off as a simple whine, they continued.

"Why can't we keep our current president?"

Like most people, I just figured that we could not, and it was an end-of-subject matter; however, after a little research and digging, I found out that there is a possibility.

Now, I wonder if it is even worth getting a new president after all of the trouble the university has been through.

After the Dobelle scandal, there seems to be some residue left on campus that leaves a foul taste in our mouths.

It seems that we have some sort of idea on what we want. What we really want seems to be hidden in what we have.

We commonly refer to the activities from our civic engagement opportunities all the way to study abroad programs and public funding.

What I find to be a common factor in all of these programs and activities is our current president, Dr. Elizabeth Preston. Dr. Preston was involved in the new civic engagement opportunities here, and she even fought to get us funding when we needed it.

Now, I am not saying that we should ignore the work the members of this search committee have done—and who knows, by the last forum our general opinion may have changed—but I offer a new perspective to the community at large.

Instead of looking at the candidates as the only options, why not compare them to our current set up?

I know I am among other students who wish that someone who has been here the whole time they have been here would hand over their diploma at graduation.

So, in the end, what I would ask of you is this: when you are looking at these candidates and picking the "next" president, ask yourself, why change?

THE PEOPLE'S PERSPECTIVE

Should Christopher Columbus really be celebrated?

Nathan Godord
Voice Reporter

Despite the major human rights violations that Columbus authorized during his time in North America, we still celebrate his discovery as a national holiday.

Christopher Columbus is a figure in our nation's history who, for many years, we have christened as "the man who discovered America." As children, many of us were taught the witty rhyme, "Columbus sailed the ocean blue in 1492." We were taught that it was he who bravely sailed across the uncharted ocean and discovered the world that would one day become our own. Columbus was depicted to me as a noble and fearless figure that was to be revered; however, as I have matured, so has my understanding of history.

Columbus was mainly responsible for three things: accidentally crashing into modern day Cuba, the eradication of the indigenous people living there, and raising the interest of other Europeans to travel west. Howard Zinn, author of the acclaimed historical narrative A People's History of the United States, makes perfectly clear the terrible crimes Columbus committed against indigenous people: "In the year 1495, they went on a great slave raid, rounded up fifteen hundred Arawak men, women, and children, put them in pens guarded by Spaniards and dogs, then picked the five hundred best specimens to load onto ships."

Due to exhaustion, disease, and slaughter the indigenous people died by the thousands. According to Zinn, "By the year 1515, there were perhaps fifty thousand Indians left. By 1550, there were five hundred. A report of the year 1650 shows none of the original Arawaks or their descendants left on the island." Columbus justified this genocide by saying it was the work of the church. He worked these natives to death and used them for free labor with the hope of paying back the gold his investors gave him. This man did not discover America, he bumped into modern day Cuba and Haiti believing it was Asia. Searching for gold and desiring to conquest, this was not the noble man I was taught to respect and revere when I was a child.

Howard Zinn makes a wonderful point about how Columbus in particular is misrepresented in history. Zinn says, "The Historian's distortion is more than technical, it is ideological, it is released into the world of contending interests, where any chosen emphasis supports (whether the historian means to or not) some kind of interest, whether economic or political or racial or national or sexual."

Zinn emphasizes the importance of having an untainted understanding of history. He says that when history is told with an intended slant it is perceived differently. This can be, and indeed is, very dangerous. If people had this understanding of who Columbus truly was and what his role in the so-called discovery of America was, perhaps they would have a different perspective than they do now.

This man should not be celebrated for accomplishments he did not achieve. Columbus should be recognized as a man who encouraged other explorers to sail west; however, to have a national holiday in his honor, and to perpetuate the false understanding of his role in history, is deplorable. It distorts history for the sake of American propaganda and that is not right.

Due to our misunderstanding of who Columbus was, we fail to recognize the price that was paid. We forget the thousands of lives that were taken and the cultures that were eliminated for the profit of Europeans and the eventual creation of the United States of America.

Instead of celebrating Christopher Columbus, we should educate individuals on what happened to the indigenous people living in these places and the true role Columbus played. It still should be recognized as a very important point in history, but it should not be celebrated as the day America was discovered. Also, Columbus should not be celebrated for acts of bravery that he did not commit. Columbus should be presented and recognized for who he really was and what he really did.

There are already states that do not recognize Columbus Day as a National Holiday, including Arkansas, Arizona, California, Delaware, Florida, Hawaii, Minnesota, Montana, North Dakota, Nevada, Oregon, South Dakota, Texas, Vermont, Washington, Wisconsin, and Wyoming. However, these are only seventeen of our fifty states.

This means that there are 33 states that still celebrate Columbus and are largely ignorant to actual events of those years.

This must stop. History repeats itself all the time. Perhaps we may preserve thousands of lives in the future by learning from our past; however, learning from our past means that we must have a clear understanding of our history. This includes the history of those who have been trampled under the wheel of world progress.

Is the slaughter of thousands of people necessary for human progress? If we must still ask ourselves this question, I wonder how much progress human beings have really made.

With the knowledge of our history and those who have been destroyed in order for America to prosper, we may be able to prevent such atrocities from occurring again.

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DIVERSITY INCLUSION & STUDENT ACTIVITIES

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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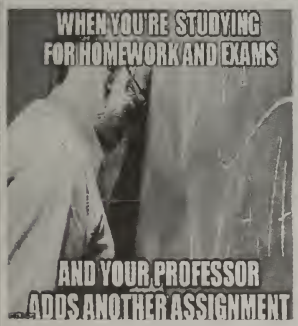
The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.



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arts & entertainment

FRIDAY, OCTOBER 16, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of October 13, 2015

Top 10 Singles

1. The Hills - The Weekend
2. Hotline Bling - Drake
3. What Do You Mean Justin Bieber
4. Watch Me -Silento
5. 679 - Fetty Wap Ft Remy Boyz
6. Can't Feel My Face - The Weekend
7. Locked Away - R. City Ft Adam Levine
8. Stitches - Shawn Mendes
9. Wildest Dreams - Taylow Swift
10. Good for You - Selena Gomez - Ft A$AP Rocky

Top 5 Albums

1. Unbreakable - Janet
2. Beauty Behind The Madness
3. What A Time To Be Alive - Drake & Future
4. 1. Fetty Wap - Fetty Wap
5. Calling All Lovers - Tamar Braxton

Top 5 Movies

1. The Martian
2. Hotel Transylvania
3. Pan
4. The Intern
5. Sicario

Upcoming DVDs

1. Jurassic World
2. Dope
3. The Gallows
4. Chloe & Theo
5. Tomorrowand

Wavves continues to grow with new album "V"

Kevin Griffin
Voice Reporter

In Oct. 2015, the San Diego based surf rock band "Wavves" released their fifth full-length album entitled "V."

It immediately became one of my favorite albums of 2015. The fast upbeat guitar riffs and clean-cut tracks really show the progression of Wavves as a whole since their 2008 debut into the lo-fi rock world.

Wavves consists of Nathan Williams, Stephen Pope, Alex Gates, and Brian Hill. Founder Nathan Williams first introduced Wavves in 2008 with the self-titled LP "Wavves" and followed up with 2009's "Wavvves."

These two albums were recorded in William's bedroom and immediately helped him gain recognition in the lo-fi punk world.

These albums were a great and unique start, but they were highly criticized. It was extremely distorted and has been deemed unlistenable by many music critics.

Williams then emerged with "King of the Beach" in 2011, which pushed Wavves into surf-rock stardom. This success also lead to the production of Wavves's 4th LP, "Afraid of Heights."

I was extremely excited to find out that Wavves was releasing their fifth album "V" on Warner Bros. Records.

Wavves has remained a fairly independent band throughout the years, and I was highly intrigued to see how they would adapt to a cleaner and more produced sound.

I was also very excited to hear this album because I have heard many of the songs live before they were released.

I was able to see Wavves in Rhode Island during a short five-show tour. They used these shows to introduce new songs and see how they could translate them into a live performance.

The opening track "Heavy Metal Detox" really shows the progression of Wavves's music. They move away from the highly distorted albums and go for a much cleaner sound.

Even with those changes, you can still hear some really heavy punk rock elements. Tracks like "Way Too Much" and "Flamezesz" have a really grungy 90's element to them.

You can hear a heavy Nirvana-styled presence in the tracks on this album.

There are also some slower and deeper tracks on this album, such as a song called "Pony."

Though I genuinely enjoyed this album, I really do think that Wavves has lost the surf rock element to their music. Sure, a band is supposed to progress and change their music, but they have completely left any and all elements of surf rock out of the album.

They stuck to more of a heavy punk style with catchy riffs and heavy guitars. Maybe this is Time Warner's influence on the band or Nathan Williams trying to take a different route as a musician.

I highly recommend this album to anyone looking for some heavy and catchy punk rock music.

KNOWING TO COOK

Under the Scandinavian Sun – An Exposé on Viking Food II

Ryan Cashman
Voice Columnist

The comparison I am about to make may seem strange, but when I look at photographs of the Norwegian coast or watch programs on television based in any of the Scandinavian countries, I am reminded of Maine.

The rocky coastlines, the pitched rooves and rectangular shape of the houses, the tall pine trees, and snow covered fields of Maine look nearly identical to those of Norway and Sweden. There is even a store in downtown Portland titled Simply Scandinavian, which imports products from all the Scandinavian countries.

So there is a correlation, albeit a weak one based on my own opinion, but a correlation nonetheless.

There is one more comparison between the northern European region and the northern New England state I want to mention: they are both unexpected hubs of culinary creativity. I'll talk more about Maine another time, now back to Scandinavia!

The Scandinavian Peninsula has never been on the hot list of European food tours.

France, Italy, and Spain have held a virtual monopoly as the top rated and most visited food destinations in all of Europe, and for good reason. Each of these stated countries has a long and colorful culinary heritage. Yet, quietly and unassumingly, the Scandinavians have been hard at work redefining the concept of Scandinavian cuisine.

Last week, I talked heavily of the traditional foods found in the region, knowledge of which is important in understanding where Scandinavian food culture is today. Rather than abandoning all forms of tradition and forging a new pathway entirely, Scandinavian chefs have managed to create something entirely unique; the food found there is both new and traditional at the same time. Basically, a new twist on an old favorite.

In Norway, chef and television personality Andreas Vistad has been the foremost practitioner of combining traditional Scandinavian ingredients with new methods of cooking. He's created pesto out of chlorophyll leaves as opposed to the traditional Italian basil (which cannot grow in the Scandinavian climate) and flavored ice cream out of rose petals.

One recipe of Vistad's that I find particularly delectable is his trout tartare with quail eggs and salmon roe. This is a perfect example of tradition meeting innovation. Everything in this dish is raw, including the quail egg. In traditional Norse cooking, fish and meat are typically preserved in order for it to be kept for months on end. In this dish, Vistad has employed the French and Italian tradition of serving raw meat and mixed in Norwegian ingredients, creating a deeply flavorful and easy-to-prepare dish.

If raw fish or meat is not for you, don't worry; the Scandinavians have much more to offer in the way of completely cooked dishes.

There is a great love in the region for venison (deer meat) and it is used in Scandinavia the same way we use beef here in America. The population of stags, deer, and reindeer in Norway, Sweden, and Finland is higher than anywhere else in Europe, and they are hunted responsibly.

Trout tartare and quail eggs is a comon dish in traditional Norse cooking. The fish and meat is typically preserved for multiple months in order to draw out the complete flavors.

Unlike the States, the Scandinavian countries have strict environmental laws in place limiting the amount of wild venison that can be hunted in a season. In addition, they employ a vast network of alternative energy sources to power cities and towns, making Scandinavia perhaps the cleanest and most environmentally friendly area in the entire world. And it shows. Virtually all of the ingredients you will find in Scandinavian cuisine are sourced from the country of origin and, when ingredients are fresh, you can taste and see the difference. Flavors are richer, colors are brighter, and the meal as a whole is improved.

As a side note, fresh meat is not supposed to be red. It is supposed to have a burgundy brown tint to it. I learned that in Italy. The FDA should take note.

Anyway, the point is that the next time you consider touring Europe specifically for food purposes, make a trek to one of the Scandinavian countries.

Norway has amazing seafood. Sweden has fantastic venison roasts and crawfish boils. Finland and Denmark have amazing pastries. And Iceland has harkal, that fermented shark thing.

If you're interested in learning more about Scandinavian cuisine, there is some media which I have found entertaining and enlightening: New Scandinavian Cooking (PBS), Jamie Oliver's Food Escapes: Stockholm (BBC), and the book New Norse Cooking. Do take a gander at these; they are very fun.

With that, my exposé on Viking food has come to an end. Next week we're off to Japan. I'll leave you with this traditional Scandinavian recipe for cured salmon: gravlax.

As always: Buona Tavola
é Mangiare Bene!

GRAVLAX
Ingredients:
1 large fillet of salmon (3-4 lbs)
8 Tbs rock salt
3-4 Tbs brown sugar
Optional Ingredients: horse radish, beetroot, and dill
Instructions:
-Lay the salmon on a large baking tray and cover with salt and sugar.
-Add the optional ingredients at your discretion.
-Cover with plastic wrap and weigh down with bricks.
-Refrigerate for 48 hours.
-Serve in salads or with rye bread and sour cream.

Horoscopes

Aries (March 21 - April 19): The stars predict a positive turn of events for your arch nemesis.

Taurus (April 20 – May 20): This week you will be biting off more than you can chew. Work on befriending that girl in your Physical Science class who knows the Heimlich.

Gemini (May 21 – June 20): According to the stars, your future looks exceptionally bright; however, you should reconsider the definition of a pseudoscience.

Cancer (June 23- July22): Your health will take a turn for the worse this week. On the bright side, you will be unable to take that test you were destined to fail.

Leo (July 23- August 23): You will be facing severe emotional turmoil this week. Leos are terrible at facing severe emotional turmoil.

Virgo (August 24- September 22): You have been rubbing your boss the wrong way lately. It is time to stop giving him unrequested massages.

Libra (September 23- October 22): A new, exciting friendship will be blossoming in your life this week. The newfound feelings are not mutual. Do your new "friend" a favor and back off.

Scorpio (October 23- November 21): All of those new coworkers that you think adore you are mocking you behind your back. Be sure to turn around more often at work.

Sagittarius (November 22- December 21): The excuse that "everyone is out to get you" is usually utter hogwash. In your case, it is also hogwash. Stop blaming others for your failures.

Capricorn (December 22- January 19): Your grandma is off her rocker. You should probably go catch her!

Aquarius (January 20- February 18): I know things have been going terribly for you and you are quickly losing hope. Keep your melancholy feelings to yourself; nobody likes a whiner.

Pisces (February 19- March 20): The stars have nothing to predict about you this week. Barricade yourself in your house so as to not risk anything.

gail's guidance

I've been very overwhelmed by stress these past few weeks. It's seriously been affecting my schoolwork, as well as my social and personal life. Even when I have a free moment, I feel like I can't shut my brain off enough to relax. I really don't want the rest of the semester to go on like this. What can I do to get my stress levels down? What do I do?????

Sincerely,
Stressed spelled backwards is Desserts

Dear Stressed/Desserts,

As someone who's learned the hard way to take control of her life, I've experienced the stress-related horror stories firsthand: hair loss, breakouts, and meltdowns in front of my mother-in-law in the midst of our Hanukah celebration. A panoply of distressed hausfraus used to line up at my front door and demand my assistance on the PTA board, the soccer game half-time snack stand, and advice on beet juice cleanses. Something that I found very helpful was exercising my right to say "no." I want you to stand on the grave of the Globe with your head held high and proclaim it to the heavens.

I've also found that a solid eight hours of a sleep every night can decide whether your morning opens with a front handspring out of bed into your stilettos or your husband dragging you out of bed by the ankles. So skip that third episode of Grey's Anatomy and pop a melatonin instead. If all else fails, sic ya girl Gail on all those bossy people in your life. I will not hesitate to turn them away with their tails between their legs.

Sweet Dreams!
Ya Girl Gail

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owls athletics

FRIDAY, OCTOBER 16, 2015 MICHAEL BARRY, EDITOR

Owls lose to Framingham State

Tim Jaroche
Voice Reporter

Throughout the season, our 1-4 Owls have struggled in multiple close games. With a record of 5-1, Framingham State showed up to play this weekend and would seemingly roll over the home team.

To start the game Westfield began with the ball. They took the initial kick off and returned it to their own 40. The Owls moved the ball efficiently down to Framingham's 21-yardline where they were stopped on the 4th and 1. Westfield's defense showed up early however, holding Framingham to 9 yards on 6 plays on their next drive before they punted it away.

Upon receiving the ball, Westfield would go 3 and out. Framingham received the following punt and would go 61 yards in 8 plays for the first score of the game. The touchdown came on a pass from quarterback Matthew Silva to wide receiver Tevin Jones. The point was good, and Framingham took a 7-0 lead.

On the next drive, Westfield would struggle. They ended the drive with a punt after losing 15 yards on 6 plays. This put the quarter to an end.

Playing the way that they were and only being down by 7, Westfield was in a good position to stay in the game; however, the Owls would need to be a lot more productive on offense if they had any hope of getting into the game.

In the second quarter, Framingham would score twice to make their lead 21-0 at half. The first score came early in the second on a 34-yard touchdown pass from Silva to wide receiver Napoleon Miller. The other score came on a 72-yard punt return by Framingham's Quron Wright.

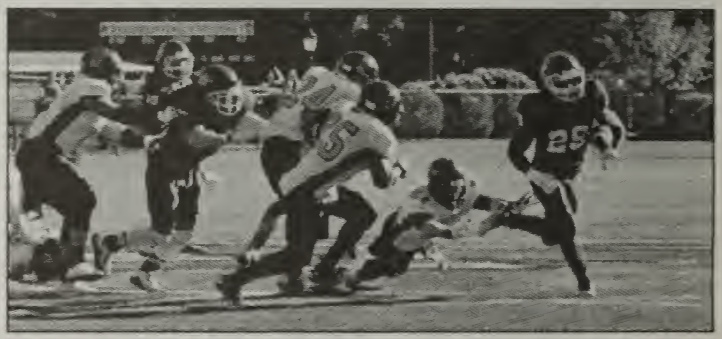
Westfield really needed to gather themselves at half time if they had any hope of pulling out a win. Overcoming a 21-point deficit is never easy, and they would have to play lights out if they were to make a comeback.

In the second half, Westfield would put together an impressive 13 play, 77 yard scoring drive. Running back Travon Holder ran it in from Framingham's 10-yardline for the score. The PAT was good and the score was 21-7, Framingham on top.

Unfortunately, that was all of the points Westfield would put up. In the fourth, Framingham would reach the end zone twice more: one coming on an 8-yard run from Jalen Green and the other on a 1-yard pass from Silva to Jones.

With four games left, all against MASCAC opponents, Westfield will do what they can to salvage the season. In every game this season, the Owls have been competitive at one point or another; however, they just have not played a game where everything clicks for all four quarters.

Their next game will be their Homecoming game this Saturday against Mass Maritime. Kickoff is scheduled for 2 p.m.



Freshman running back, Travon Holder, 29, makes a break for the sideline in the Owls most recent game agaisnt Framingham State. He had the only touchdown for Westfield after he made it to the endzone on a 10-yard rush up the middle.

Scores of Past Owls Athletics Events

Thursday, October 8th
M Golf at Westfield State Invite 2nd Place
Friday, October 9th
W Vball vs Keene State L 1-3
W Soccer vs Framingham State T 1-1 (2 OT)
Saturday, October 10th
Football vs Framingham State L 7-35
M Golf at ECAC Championships 11th after Day 1
W Vball at Springfield College L 0-3
M/W XC at James Earley Invite 3rd/4th
W Vball vs ECSU 12:30 pm L 2-3 (Played at Springfield)
M Soccer at Framingham State L 0-1
Field Hockey vs UMass Dartmouth L 1-2
Tuesday, October 13th
Field Hockey vs Smith L 0-4

Upcoming Owls Athletics Events

Thursday, October 15th
W Vball vs Eastern Nazarene College 7:00 pm
Saturday, October 17th
W Soccer at Worcester State 12:00 pm
M/W XCat WNEU 11:30 am/10:30 pm
M Soccer vs Worcester State 11:00 am
W Vball vs Bridgewater State 11:00 am
W Golf at Wellesley Invite 9:00 am
Field Hockey at Salem State 12:00 pm
Football vs ESCU 7:00 pm
Tuesday, October 20th
Field Hockey vs ECSU 7:00 pm
Wednesday, October 21st
M Soccer vs RIC 7:00 pm
W Soccer at Brandeis 7:00 pm

Soccer maintains unbeaten streak in MASCAC play

Kayla Murphy, above, scored her first collegiate goal in a game against Elms College on October 7th. She has one goal on three shots so far this season.

Andrew McGill
Voice Reporter

The women's soccer team played a tough double overtime game at home on Friday against Framingham State, ultimately ending in a tie.

Both teams came in with very similar records and were evenly matched; however, the Rams came in with a 1-1-2 MASCAC record, compared to the Owls who are an impressive 3-0-0.

The Owls started off the scoring in the 42nd minute of the game off the foot of senior Amanda Magri after the Rams failed to clear the ball multiple times.

The Rams were able to answer quickly after the half, finding the net in the 54th minute. After a rebound off of Owls net minder Natalia Falcone, the Rams were able to move the ball to an open Angela Palotta who found the back of the net.

The rest of the match saw a lot of defensive play and aggressive goaltending from Framingham goaltender Sara Sullivan. She made six saves throughout the match. She also batted away several Westfield crosses, which effectively interrupted the Owls offense. Without her aggressive play, the outcome may have been a little different.

Earlier this week the Owls cruised past Elms College with a 2-0 victory. The Owls goals were scored by senior Christina Buonopane and freshman Kayla Murphy. Goaltenders Natalia Falcone and Anne Stack split the game and registered a shutout for the Owls.

Falcone took home MASCAC freshman of the week for her part in both games, in which she posted a .058 goals-against average and a 1-0-1 record. Through four games this season, she has 1-1-1 record and a .786 save percentage, giving up only three goals.

Last week, the Owls swept the weekly MASCAC honors with both Kate Matroni and Lexi Kulik taking home awards. Matroni netted two goals during the week, both coming in the game against MCLA. She has three goals on the season, which is tied for first with Ashley Bovat.

Kulik registered two assists in the game against Mass College of Liberal Arts, assisting Matroni on a corner kick and then grabbing a secondary assist on Michaela St. Cry's first goal of the season.

With the week coming to a close, the Owls remain undefeated in MASCAC play while maintaining a 6-4-1 overall record. They remain tied for 2nd in the standings with Worcester State, who has an identical record and are not far behind Bridgewater, who is 4-0 in the conference.

The Owls pick up action on Wednesday Oct. 7 at Alumni Field against local rivals, Western New England

Intramural Standings

1 Pitch Softball

Team	Wins	Losses
Hit It n Quit It	4	0
Ball Busters	4	2
Dirty Dogs	4	3
Bucks	3	1
Westfield Woks	3	3
Space Monkey Mafia	3	4
Below Average	3	4
Andy's Little Sluggers	2	6

3v3 Basketball

Team	Wins	Losses
Team Scott	6	2
The Spartans	5	1
Let's Work	4	0
Squad	2	0
Legends	2	5
Backdoor Bandits	2	5
Space Monkey Mafia	0	2

Flag Football Skilled

Team	Wins	Losses
69ers	4	0
Bucks	4	1
Bye Week	3	0
ESPN Lies	3	1
Raw Dogs	3	2
Backdoor Bandits	2	1
Octopus C's	2	1
Below Average	2	3
Tig Ol' Bitties	1	1
Slow Swimmers	1	1
Tom's Deflated Balls	1	3
The Buckos	0	3
Dicky 250	0	3
Box Choppers	0	3
Yo Mom's Favorite Team	0	4

Flag Football Highly Skilled

Team	Wins	Losses
X	4	1
Space Monkey Mafia	3	2
Team Fruities	2	1
Money Team	2	2
Shockers	2	3

Volleyball Co-Ed

Team	Wins	Losses
Back to Back	10	0
Avengers	6	3
Lumber Jacks	3	6
Premature Shooters	2	6
Sets on the Beach	2	9
Bangaz	1	0

Flag Football Skilled

Team	Wins	Losses
Backdoor Bandits	6	0
Bucks	3	3
Volley Doharis	3	4
Yolo Swag	0	5

If you would like more information on Intramural Sports on the Westfield State Campus, please visit Lou Ann Simchak in Parenzo Gymnasium or email her at lsimchak@westfield.ma.edu

Soccer drops first conference game of season

Mike Barry
Sports Editor

The Westfield State men's soccer team has been on a real roll as of late. Coming into their game against Elms College, they recorded a bounced back 3-1 victory of MCLA. The win put them atop the MASCAC with a record of 3-0 in the conference.

It took 40 minutes for the scoring to start, but once Westfield Junior Joe Pantuosco netted the first goal of the game, there was no turning back for this team.

Westfield scored twice more late in the second half, and eventually won the game 3-1. Freshman Brodie Keene scored two unassisted goals with less than ten minutes to play.

Both Westfield and Elms College recorded 10 shots on the game, however it was the Owls who were able to capitalize on their chances. Only four of the Elms College shots were on net, giving goalie Marc Patnaude a fairly easy night. Besides a meaningless Elms goal in the 87th minute, Patnaude had a great game.

The Owls line up at midfield before their conference game against Framingham State. The team was 4-6-1 heading into the game but were on a two game winning streak and had an unblemished 3-0-0 conference record

The offensive efficiency by the Owls was the most impressive part of their game. They put eight of their ten shots on net, making Elms College keeper Nichonlson Pennant really have to work. Pennant recorded five saves and if it weren't for his stand out performance, this one could have been a lot worse.

The victory against Elms had Westfield riding high as they head into their MASCAC contest against the Rams of Framingham State.

With just five minutes left in the contest, Framingham State scored a heartbreaking goal. With very little time to respond, the game ended 1-0, giving Westfield their first MASCAC loss of the season.

Coming into the game, these were two very evenly matched teams. Westfield had a total record of 4-6-1, with a 3-0 record in the conference. Framingham boasted a less impressive 3-7 record, but had a respectable 2-1 record in the conference.

Both teams had their chances, particularly Framingham who out shot Westfield 26-14 on total shots and 9-6 on shots on net. If the Owls were able to capitalize on their chances like they did against Elms College, this one would have had a very different outcome.

The Owls have five games remaining on their schedule. Other than their home game against Rhode Island College on the 21st, all of the remaining games are against MASCAC opponents. This team needs to win majority of those games if it hopes to hold their high seed in the upcoming MASCAC tournament.

They will play conference rival Worcester State at home this upcoming Saturday at 11 a.m.

Volleyball tops Lancers of Worcester State

WSU Athletic Department

Kendyl Haney hammered out 15 kills to lead Westfield State as the Owls took the 3-0 win over Worcester State with set scores of 25-10, 25-19, and 25-15.

With the win the Owls improve to 2-2 MASCAC and 7-12 overall. The Lancers drop to 0-3 in conference play and 6-13 overall.

The Lancers marked the first two points of the match, as junior Jamika Townsend (Virginia Beach, Va.) recorded a kill and senior Jennifer Cabral (Swansea, Mass.) listed the team's first service ace of the night. Although, the Owls came out fighting and took the lead off a kill from senior Kendyl Haney (Ashland, Mass.) and two service aces from freshman Lizzie Taylor (Medfield, Mass.). The Owls kept their points rolling as they held the Lancers to only eight more points in the first set, resulting in the 25-10 win.

The second match of the game was much closer than the first as the Lancers rallied with the Owls, resulting in tied scores at nine and 10 on a kill from Worcester State's Cabral and Westfield's sophomore Courtney Ryan (Quincy, Mass.). It wasn't long after that the Owls went on a scoring binge off three kills from Haney and Worcester State errors to increase the Owls lead. Worcester State rallied back once again, but the Owls kept attacking and scored seven unanswered points to take the big lead and eventually win the set.

The Lancers had a chance to stay in the game with a win in the third set, but a group of errors resulted in a chance for the Owls to seal the deal and take the 3-0 win.

Westfield State recorded an overall .367 attack percentage throughout the night, while Worcester State logged a .040 attack percentage overall.

Westfield State's Haney recorded a game-high 15 kills on the night with a remarkable .483 attack percentage. Ryan marked a .500 attack percentage (2-14), while senior Casey Howe (Chelmsford, Mass.) recorded a .400 attack percentage (6-15). Ryan also recorded a game-high 33 assists on the night.

Defensively for the Owls, Taylor led the team with 16 digs, while senior Shannon Shea (Chelmsford, Mass.) added in 10.

Worcester State's junior Valerie Hoyle (Bridgewater, Mass.) and senior Meghan Deighan (Lynnfield, Mass.) held the team's best attack percentages with .375 and .308, respectively. Cabral led the team with seven kills and 13 digs, while freshman setter Alexandra Nolan (Melrose, Mass.) led the team with 12 assists on the night.

Next, the Lancers will face Rhode Island College for a non-conference matchup on Thursday (Oct. 15). The Owls will also resume play on Thursday as they will host East Nazarene.

Chicago continues miraculous postseason run

Nick Odell
Voice Reporter

The 2015 Major League Baseball Postseason is in full swing, and it is already living up to its hype.

The Chicago Cubs have beaten the St. Louis Cardinals, 3 games to 1, and have punched their ticket to the National League Championship Series. It was the first time in Cubs history that they clinched a postseason series at home. They also became the first team this season to advance to the LCS.

The last time the Cubs were in the NLCS was 2003, when they lost a 7-game series to the Florida Marlins (now the Miami Marlins). Cubs fans remember that series very well thanks to an infamous foul ball catch by Cub fan Steve Bartman, which some say that Moises Alou, playing left field at the time for the Cubbies, could've caught it. Chicago was five-outs away from advancing to their first World Series since 1945, but the Marlins came back to win Games 6 and 7, clinching the National League pennant.

The Cubs, and Cubs fans, hope it is a different outcome this time.

Chicago opened the postseason with a 4-0 win over the Pirates in the NL wild card game to advance to the National League Division Series, going up against the Cardinals. Cubs ace Jake Arrieta went up against Pirates ace Gerrit Cole, and Arrieta was the better pitcher in that game. Some help from his offense also aided Arrieta.

The Cardinals finished the regular season with 100 wins, easily earning the top spot in the National League. But St. Louis couldn't win Games 2, 3, or 4 after winning Game 1, which ended their season.

The Cubs will face the winner of the New York Mets-LA Dodgers series, which is going to a Game 5. That series is back-and-forth, as the Mets took Games 1 and 3, while the Dodgers took Games 2 and 4. Game 5 is in LA, with Jacob DeGrom pitching for the Mets against Zack Greinke for the Dodgers.

In the American League, the Houston Astros won the AL Wild Card game with a 3-0 win against the New York Yankees in the Bronx. Dallas Keuchel pitched a shutout, and had help offensively against the reeling Yankees. The Astros advanced to play the Royals in the American League Division Series, which they are in a Game 5 as well.

The winner of that series play the Toronto Blue Jays, who came all the way back from being down 2 games to none against the Texas Rangers and beat them 3 games to 2. In Game 5, the Jays beat the Rangers at home. It was their first series-clinching win since 1993, when they went on to win the World Series.

The ALCS gets underway Friday, October 16th, while the NLCS starts the next day. The World Series begins Tuesday, October 27th.

NFL sets record for undefeated teams in week six

Jack Corsi
Voice Reporter

As we enter week six of the NFL season, we have six teams remaining that are undefeated: three in the NFC and three in the AFC. But which teams are for real and which teams are just pretending? Is there one definitive top dog? Or are we looking at a group of unbeatable teams?

New England is easily the best team in all of football right now, so they are definitely a contender and have to be the favorite in the AFC. Tom Brady, right now, is the best player in all of football. No one can argue that. Their schedule will get tougher, but I don't see the Pats dropping a game for a little while.

Another contender is the Green Bay Packers. Aaron Rodgers is cool and calm in the pocket at all times. The loss of Jordy Nelson isn't as big because of the re-emergence of James Jones. What hurts this team the most is their secondary; Mike McCarthy needs to pick someone up in a big way.

I'll say it: Andy Dalton is an elite QB. Cincy is a contender for sure, and last week they proved it. But Cincinnati has yet to come through when it matters since Dalton has been quarterback. Marvin Lewis consistently seems to know how to blow big games. It's Dalton and AJ Green's offensive ability that will have to get them places. I'll say this too: they are the biggest threat to Brady and the Pats in the AFC. That's a matchup we wouldn't see until the postseason.

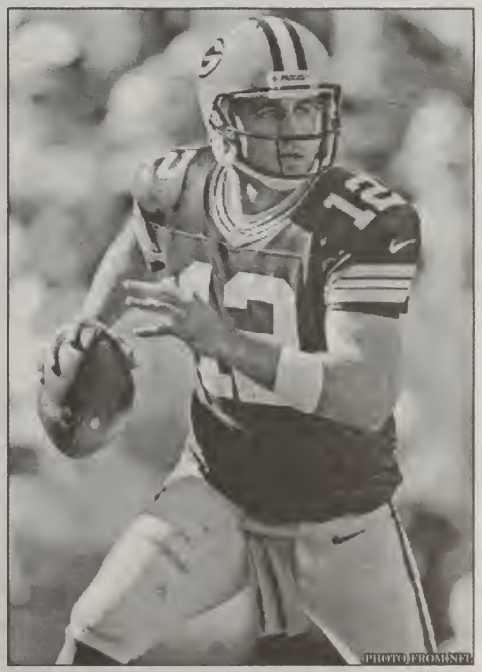
The last team that I think is a contender is Atlanta. The Falcons will go as far as Matt Ryan, and Julio Jones will take them. Dan Quinn has flipped that organization back into a winner, and it will be interesting to see how they figure in with Seattle and Green Bay in the NFC.

Denver is lucky to be unbeaten. At this point in his career Peyton Manning could be the most overrated player in the game. That defense, however, is what has made them the team they are. Denver should not be 5-0; in my opinion they should be 2-3 at best. They define pretender.

The Carolina Panthers and Cam Newton are also a team that hasn't proved a whole lot. Wins over New Orleans, Jacksonville, and Tampa are only appealing on paper. They're in what could be argued as the worst division in football, so their success has to be taken with a grain of salt. They'll lose within the next two or three weeks. They are easily a pretender.

A team that should be 5-0 is the New York Giants. Three quarters separate them from being unbeaten. They are a scary team in the NFC and have a tough one coming up on Monday Night.

I can only wait to see who's still unbeaten and who's a loser this time next week as it will give a better prespective of the playoffs.



Aaron Rodgers and the Green Bay Packers have been in top form as the NFL season reaches its mid-point. Many felt the offense would slow down with the preseason loss of Jordy Nelson, but it looks as strong as it has in the past with Rodgers zoning in on another MVP.

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BLOWING LEAVES
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CANNING
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FALL
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FEAST
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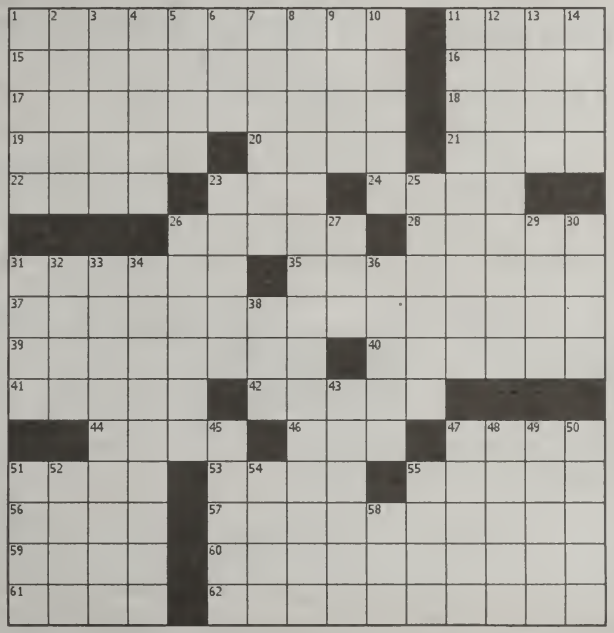
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS
NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON
SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES



Across

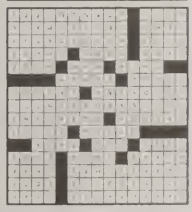
1. Fathers' offices
11. Old head
15. Salmon, vis-à-vis Omega-3
16. __ signum
17. Hesitant
18. First name in exploring
19. Half a comedy duo
20. Shepherd-turned-prophet
21. It's better when they meet
22. Go cautiously
23. It's usually left on the table
24. Toledo tidbit
26. Cut corners?
28. No longer covers
31. Reach the limit of, slangily
35. Serve one's tour
37. Brown, for one
39. Teens time, maybe
40. Lays down the law
41. Mound
42. Hardly a welcoming word
44. Hosiery item
46. Unlikely Oscar nominee
47. LPGA star Karrie
51. Khalid's successor
53. "__ of No Importance": 1994 film
55. "Butterfield 8" author
56. Pope during Attila's time
57. Tried to improve
59. "Artaxerxes" composer
60. Sanctioned
61. Homer Simpson's favorite bar
62. They're taken from dictators

Down

1. Rate in the news
2. Put on
3. Beanpole
4. "Put 'er __!"
5. Thessaly peak
6. Pal of Piglet
7. Café order
8. Rap without merit
9. Plasm prefix
10. Dost observe
11. Brain picking?
12. Possible outcomes
13. Etcher's medium
14. Ring bosses
23. Largest moon of Saturn
25. Late-'70s FBI sting
26. Rolled oats dish
27. Preschoolers?
29. Slaughter of Coopersown
30. Capital of Manche department
31. "The __": '50s-'60s Yankee hero
32. Romance publisher
33. Its first notable orchestral use was in Saint-Saëns' "Danse Macabre"
34. Girlfriends, informally
36. Shillong's state
38. Beetle juice?
43. Jeannette __, first woman elected to Congress
45. "A Natural Man" Grammy winner
47. Maker of the Hula-Hoop and Hacky Sack
48. Bother no end
49. Shiny, in product names
50. "Misery" Oscar winner
51. Deception
52. Start for space?
54. Champagne name
55. Rider of Sleipnir
58. WWII command

Maze

Crossword Solution 10/9



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THIS WEEKS EVENTS

Date	Time	Event Name	Location
10/16	11A—1P	Global Chef Andras Brenneker—lunch at the Island Station	Dining Commons
10/17		Homecoming! Celebrate with WSU sports games!	
10/17	11A	Men's Soccer v. Worcester State	Alumni Field
10/17	11A	Women's Volleyball v. Bridgewater State CODE BLUE!	Woodward Center
10/17	11A	Global Chef Grilling at Soccer and Football games	Alumni Field
10/17	2P	Football v. Mass Maritime	Alumni Field
10/17	6:30P	Choral Festivals Rehearsals & Concert	Dever Stage
10/19	5:30P	Fiction Reading and Discussion with Dan Pope	Owl's Nest
10/20	7P	Field Hockey v. Eastern Connecticut CODE BLUE!	Woodward Center
10/21		Pumpkin Cheesecake Day!	Dining Commons
10/21	4—6P	Author Talk: Karen Winters Schwartz	Wilson Auditorium
10/21	7P	Men's Soccer v. Rhode Island College	Alumni Field
10/21	8P	CAB Trivia!	Owl's Nest
10/22	7:30—9:30A	Commuter Breakfast	Tekoa Room
10/22	4:30P	AppleFest!—dinner time	Dining Commons
10/22	7P	Women's Volleyball v. Wesleyan	Woodward Center
10/22	8P	One Night Stand—Open Mic	Owl's Nest
10/23		National Boston Cream Pie Day!	Dining Commons
10/23	3:30P	Yoga with Kathy Niedzielski	Fitness Center, Ely
10/23	7P	Paint Night!	Owl's Nest

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mhallora@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, OCTOBER 23, 2015

westfieldvoice.com
@westfieldvoice

Dr. Preston addresses SGA on Globe, University future

Ryan Caulfield
SGA Correspondent

Keeping up with tradition at the Student Government Association, the president of the university comes to visit the SGA at least once during the fall semester. Westfield State's Interim President Dr. Elizabeth Preston took questions from SGA senators and gave updates on University business.

Also, Justin Connolly, student trustee, announced that on Oct. 28 at 10 a.m., the Board Of Trustees would release their final decision on who the next president should be out of the three candidates that visited campus.

A campus-wide email will be sent out as soon as the decision is made. Students can attend the Board meeting and hear the decision live.

Evelyn Dina, president of the SGA, introduced Preston, and a warm applause swept over the room.

Dr. Preston began by reporting news to the senators about the presidential search committee and what the president's office might look like when she leaves her interim position.

"It has been a wonderful couple of years, and I am very grateful for the opportunity to have served in this position. But it is a transition period for the university while we stabilize and find our new permanent president," Preston said.

The Board of Trustees, she said, would make a decision on which of the three candidates that visited the University is recommended by the Board of Higher Education.

After, Preston said that both the global food source base project and the new civic engagement classes with the Physician Assistant program and undergraduate program for health sciences, are part of the University's goals this year.

She said the new science building is on budget and on time.

She said it is important and challenging to leave the next president with initiatives that can be ongoing and help the university in the long run.

She said that during Homecoming, some alumni with BA's in the sciences were treated to a hardhat tour of the new science building.

"To say they were impressed would be an understatement. It is a really gorgeous building," Preston said.

The building is expected to open officially with classes in the fall of 2016. Preston and Dr. Carlton Pickron, vice president of student affairs, said that tours inside the building would be available for students as it nears its completion.

The first of many questions from the legislative body came from Justin Connolly, who asked a very personal and pressing matter. "Pancakes with the president. Will it still be a thing and is it happening?" The room laughed, and Preston said there would be one on the first week of December on a weekday.

The vice president of the commuter council asked if there would be money allocated to the commuter council for commuter programming in addition to funding from the SGA. Preston deferred the question to Pickron who said that SGA cut some of the budget from the commuter council last year because of the lack of activities from the council.

Pickron optimistically said that the club's activity is increasing this semester and can start to propose programs to the student affairs offices to gain more funding. He encouraged the council to plan more programs and not, "hold back. Keep rocking forward."

VP also asked if commuters would have a section designated for them specifically on campus in which they can hang out and have lockers to store their items.

Preston said Bates Hall would have available space after the music and art departments move to Juniper Park, so commuters could possibly use the music department space because the lockers for musical equipment can be easily reused.

Haley Batchelder, vice president of programing, asked Preston what she would like to see in the University's next president.

Preston said that, though the question is complicated, she would want to have a president who will stay a long time here, which is critical in her view.

The national average for presidents at Universities is five years, Preston said.

"If you look at presidents who are at their institutions for eight to twelve years and see what they accomplish," she said, "I think [universities] benefit from the relationships that stem from continuity."

She also added that the ideal president should be accessible to the campus community and flexible with students while being excited about Westfield State's mission.

"So I think if we find someone who is going to be here for a while and appreciates the University, we will do just fine," Preston said.

Brendan McKee, executive secretary, asked if Preston would stay on campus as a faculty member after her interim position was finished. Preston has received this question numerous times, and she has answered by saying she would love to go back to the Commutation department where she taught for 18 years, but she is unclear.

"I never intended to be an administrator. This has been an odd series of

see **CAULFIELD** *on page 3*

In this week's issue

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Football
Cross Country

The objective student press of Westfield State University

VOLUME VII, ISSUE V

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

Guatemala through the Eyes of the Professor: A discussion with Marcia Scanlon

Haley Batchelder
Voice Columnist

Opportunities to travel to other countries for academic purposes through Westfield State University are life-changing for students. I sat down with Marcia Scanlon, the chair of the Nursing department and the founder of the annual Guatemala trip offered to junior and senior Nursing students.

While she informed me of the enriching opportunities offered through this trip, she also shared with me the impact that it has had on her as a professor.

Q: How did the Guatemala trip begin?

A: I initially site visited through Sacred Heart University's Guatemala experience offered to their students to see if the program was safe and how I could fit it into Westfield State's objectives. I returned and adjusted the trip to make it more of a community-based experience for our students. We took our first group two years ago and had a wonderful experience. I ventured with my second year, and it was just as great.

Q: Which students is this trip offered to?

A: So this trip is offered to junior and senior nursing students. For the juniors, it's attached to their community course and counts as a portion of their clinical hours.

In their senior year, it's attached to their preceptor course, which is their last semester in which they have to complete 220 hours; so it's a portion of those hours.

Q: What sort of work do students embark upon while on this trip?

A: This trip is a community course in which we want to teach students about the culture of Guatemala: about socio-economic differences and political unrest in the country.

So before we leave, we have courses led by Brian Cons from GARP to prepare them because he lived in Guatemala for three years, and he talks about the history of Guatemala.

Once we get there, we have an itinerary that changes each year, but the concept is the same. A lot of the villages don't have access to clean water, so we deliver water filters as well as teach the households how to use the water filter and why it's important to use. We will typically deliver anywhere between 8 to 12 water filters.

Another project we've done is we made custom wheelchairs for children that have never had any mobility.

One gentleman was 12 or 13 and was getting too heavy for his brother to carry him, so he could no longer go to school. So we built him a wheelchair designed for both his condition and the terrain he lived on, allowing him to be mobile and attend school.

Other projects include providing a protein meal for children of the community, promoting tooth brushing and hand washing, giving food to homeless people on the streets of Guatemala, and building a house; all of these projects are completed in the span of one week.

Q: How can this work be implemented into the classroom when students return?

A: It really teaches these students about other cultures and civic engagement. They come back learning how to be a good citizen and the importance of giving back. For me, the bigger term is social justice. It teaches them about health care, about global health; it teaches them about social justices and injustices across the globe. My students always come away with that feeling of "I made a difference."

Q: What is the most rewarding part of this trip for you as a professor?

A: The most rewarding part for me is seeing the experience through the students' eyes: to see them become more confident and socially engaged; to see them cry when it's appropriate; to see how at different moments, the trip affects the students in different ways. That's what I live for. When I hear students say it's a life changing experience, that's why I do it.

Q: How do relationships between students and faculty change through this experience?

A: This trip has formed some lifelong friendships because we are so engaged and ready to conquer whatever tasks come our way while in Guatemala. For me as a professor, I have the chance to see my students in a whole new light.

I get to see them travel. I get to see how they do when they're sleep-deprived. I get to see them be brave. And I get to see how they really trust me as faculty. It's a rare opportunity to see students at their best and their worst, and that's what this trip offers.

The main word I took away from my conversation with Marcia Scanlon was "reward." Traveling abroad and putting in the hard work to make a difference is rewarding and creates life-changing experiences.

If you're interested in the Guatemala trip or any other study abroad opportunities, stop by the International Programs Office in the Parenzo Lobby or check out the webpage at: www.westfield.ma.edu/academics/study-abroad.

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GERNERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Drug Law Violation	15-498	10/17/2015	10/17/2015	2325	Davis Hall	On	Ref. to Student Conduct
-Liquor Law Violation	15-44-FI	10/18/2015	10/18/2015	0026	New Hall	On	Ref. to Student Conduct
-Liquor Law Violation	15-498	10/18/2015	10/18/2015	0044	Commuter Lot	On	Ref. to Student Conduct
-Liquor Law Violation	15-45-FI	10/18/2015	10/18/2015	0049	Davis Hall	On	Ref. to Student Conduct
-Liquor Law Violation	15-499	10/18/2015	10/18/2015	0117	Davis Hall	On	Ref. to Student Conduct
-Drug Law Violation	"	"	"	"	"	"	"
-Suspended License	15-61-AR	10/18/2015	10/18/2015	0152	Commuter Lot	On	Summons Mailed
-Larceny	15-502	10/19/2015	10/17/2015	1200-1000	Lammers Hall	On	Closed

Hold on to your purses: 'Bonnie & Clyde' are coming to town

From Press Release

Westfield State University's student-run group the Musical Theatre Guild (MTG) will perform the musical "Bonnie & Clyde" from Thursday, October 22 through Saturday, October 24 on Dever Stage. The shows will run nightly at 7:30 p.m. with an additional matinee performance at 2 p.m. on Saturday, October 24.

The musical follows the infamous story of lovers and outlaws Bonnie Elizabeth Parker and Clyde Chestnut Barrow. Written by Ivan Menchell with music and lyrics by Frank Wildhorn and Don Black, "Bonnie & Clyde" combines rockabilly, blues, and gospel music.

The musical debuted on Broadway in December 2011 starring Laura Osnes and Jeremy Jordan. It was nominated for two Tony Awards.

The Musical Theatre Guild is the oldest student-run club on campus, and was founded in 1972. The club puts on two musicals per school year. MTG has just four weeks to organize a full musical, including learning a full score and script, movement during each scene, dancing, and constructing a full set for the show.

MTG's performance of "Bonnie & Clyde" is directed by students Amity Leary, '16, of Lowell, Mass., and Daniel Garrity, '17, of Pittsfield, Mass.

Leary said they were drawn to "Bonnie & Clyde" because it stood out against other shows they were considering directing.

"The show is so vastly different from the kinds of shows MTG has done in the past and we were excited by it," Leary said. "We wanted to bring some brand new characters that our actors had never experienced or seen before and a whole new set of technical challenges for our designers. We loved the difficulties the show brought as well as the powerful message and effect it had on us as a whole."

Garrity, a theatre major who has been involved in MTG for three years, said he was excited to take on a behind the scenes role.

"Performing was always my passion, but I enjoy directing and seeing the world of the play through a different lens," Garrity said.

Garrity said he hopes the performance inspires audience members to see a different side of Bonnie and Clyde.

"Nowadays, we associate them as criminals and nothing more," Garrity said. "This show portrays them as real people who were in love and had families, and you begin to really empathize for these characters. We have been taught that they were 'bad people,' but by the end of the show you want them to have a happy ending."

Disclaimer: "Bonnie & Clyde" includes the sound of gunshots, intense lighting effects, portrayals of violence, graphic images, and adult themes. The show may not be suitable for younger viewers.

Dever Stage is located in Parenzo Hall on the campus of Westfield State University. Tickets can be purchased at the door for $2 for students, faculty, and staff and $5 for general admission. To reserve tickets, email Sam Asuque at sasuque3363@westfield.ma.edu.

Westfield State students Chiara McNally '18 (left) and Cameron Swan '19 (right) star as Bonnie and Clyde.

From Page 1

accidents. I would love to come full circle and become a faculty member and pursue that possibility," Preston said.

"But for the first time in my life, I am looking at job listings and thinking what else can I do," she said. Preston ultimately said that she is dedicated to the University and it would be long shot to go to another college.

A number of senators inquired as to updates on replacing the destroyed globe. Preston said that the University is just shy of $10,000 at the moment. She and Justin Connolly are coming up with new ideas to fundraise for the school year.

She said the administration, including Pickron and herself, are having conflicts about the replacement globe saying, "We can buy a globe, but I think it's important that we find a globe that expresses something fundamental about the University. From my perspective, that requires working with an artist who can capture that vison," she said.

Preston said that hopefully a message calling for local, professional, and student artists will be sent out next month after the $10,000 has been raised.

"Dr. Pickron and I are very anxious to have a globe by this upcoming Commencement," Preston said.

The next meeting of the Student Government Association will be Oct. 27 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

If You Have An Idea, Thought, or Criticism, Please Send A Letter To The Editor To thevoice@westfield.ma.edu And We Will Publish It In The Paper.

from the voice vault

*This article was published in the **Monday, September 9, 2002** issue of* The Campus Voice.

Westfield State College becomes a part of the "Fast Food Nation"

By Tom Perron
Managing Editor

When students think of fast food on campus, they think of either Subway or Taco Bell - not a book.

Over the summer, a group of Westfield State College professors and faculty members selected "Fast Food Nation," by Eric Schlosser, as the campus book for the 2002-2003 school year.

Dr. George Layng, an English professor at WSC who served as the chair for the book committee, said the goal was to choose a campus book based on its appeal to students as well as its many academic disciplines.

"For a book to be successful as a campus book, it needs to appeal to a variety of fields," Layng said. "A campus book also needs to be interesting and well written, and 'Fast Food Nation' is both. It has been highly praised by reviewers across the country."

"Fast Food Nation; The Dark Side of the All-American Meal" started as a two part expose article in Rolling Stone magazine. The articles provoked an outpouring of interest and generated the most mail for an article in 1990 for Rolling Stone.

Schlosser's book takes the happy out of "Happy Meals" and unwraps the history and consequences of one of the most powerful and rapidly growing industries in America, fast food.

Let's face it. Most teenagers' first jobs were at a fast food restaurant. As most burger-flipping employees know, Schlosser said, there are numerous differences between how you are supposed to do things and how you really do things.

Drop a burger on the floor? Five second rule.

Wear gloves? If customers cannot see me, what they do not know cannot hurt them.

Layng said that one of the issues that stuck in his mind was the fact that chemical companies engineer the taste of fast food products.

"I didn't know there was that much science and planning involved," he said.

Schlosser not only uncovers kitchen nightmares, but he also discusses the fast food industry's ways of marketing towards children, farming monopolies, manipulating teenagers into working at minimum wage, health dangers and many other topics.

"I was appalled at the awful treatment given to employees," Layng said. "Not just at fast food restaurants, but at those industries that supply the meat, potatoes and chicken.

"The working conditions are awful, the pay is bad and whole communities have suffered," Layng said.

With its huge demand for meat, Schlosser wrote, the fast food industries have gained control and industrialized American agriculture. This industrialization has forced small ranchers out of business.

The author calls for two types of action. Towards the government, he asks for greater intervention and industry accountability. Towards the American public, a boycott on the fast food freazy.

When asked why people should go out and buy the book, Layng said, "It is interesting and informative. It is about something most of us eat."

Layng said that the book is not too expensive.

"It's cheap, about the cost of two or three meals at McDonalds.

"The committee selected the best-seller from nearly 20 titles nominated by the campus community," Layng said. "It ultimately came down to a choice between 'Fast Food Nation' and 'Pigs in Heaven,' by Barbara Kingsolver."

Other members of the book committee included. Glen Brewster, Professor of English; Corinne Ebbs, librarian; Susan Salzman, Institutional Research Assistant to the Vice President; Richard Rees, Professor of astronomy; and Jacqueline Sheehan, Director of the Counseling Center.

*This article was published in the **April 21, 2003** issue of* The Campus Voice.

Ryan Hits For Cycle

DANBURY, Conn. – Junior center fielder Pat Ryan of Adams, Mass., (McCann Tech) hit for the cycle and drove in four runs to power Westfield State to a 12-5 baseball victory over Western Connecticut State.

The Owls are now 8-8-1 while Western Conn. fell to 7-12.

Ryan cracked a three-run homer to give Westfield a 3-0 first-inning lead. He blasted an RBI triple in the second inning, then led off the fourth inning with a double. Ryan later scored to stake the Owls to a 9-1 lead after four innings.

Ryan had three more at bats to complete the coveted cycle, and he got it on his third attempt, a ninth-inning one bagger.

"Pat just had a great day," said first-year head coach Tom Lo Ricco. "And the two times they got him out he also hit the ball hard; they were both deep shots to the outfield."

Leadoff batter Josh Gosselin was 3 for 5 for the Owls with three runs scored. Freshman first baseman Pat Jaehnig and senior outfielder Corey Scafidi both pounded a double and single.

Freshman Joe Komow of Waltham was the winning pitcher. He pitched six innings, striking out four and allowing one hit and two earned runs.

Junior center fielder Pat Ryan continued his outstanding season by hitting for the cycle (homer, triple, double, single) in Westfield State's win over Western Connecticut. Through 17 games the Adams, Mass., native was batting .521 with a .932 slugging percentage. The Massachusetts College transfer has already set a school record with six triples this season.

Track & Field Results

Williams Relays – April 12 Men's Results

TEAM STANDINGS (8 teams): No team scores were kept.

FIRST: Daniel Dillard, long jump, 6.39 meters; Mark Howard, hammer throw, 48.6 meters; Shawn McCorquodale, triple jump, 12.94 meters; Mat LeMaire, 110 hurdles, 15.88.
SECOND: 4 x 400, 3:30.34.
THIRD: Peter King, shot put, 13.82 meters; Chris Hume, 400 hurdles, 58.10; Peter King, discus, 40.97 meters.
FOURTH: Andy Barron, 10,000, 35:48.5; Geoff Churchill, 3,000 steeplechase, 10:41; Westfield, 4 x 100 Relay, 44.28; Tom Gilbert, shot put, 12.68 meters; Eric Kelly, 400 hurdles, 58.97.
FIFTH: Dave Bergeron, long jump, 6.11 meters; Tom Gilbert, hammer throw, 43.2 meters; Mat LeMaire, 400 hurdles, 59.09.
SIXTH: Josh Lewbel, long jump, 5.96 meters.
SEVENTH: Dave Bergeron, triple jump, 11.93 meters; Greg Aucoin, 100, 11.0.

Best Team Relay Scores for field events:

FIRST: Westfield, long jump, 18.46 meters; Westfield, hammer throw, 130.53 meters; Westfield, triple jump, total distance not available; Westfield's jumpers/throwers 4 x 100, 48.32.
SECOND: Westfield, shot put, 46.74 meters.

Williams Relays – April 12 Women's Results

FIRST: Jess Silva, 800, 2:21.61; Kristen Esposito, 100, 13.11; Kristen Esposito, 200, 26.5.
SECOND: Caitlin Bates, 10,000, 48:43.8.
THIRD: Caitlin Costello, long jump, 4.6 meters.
FIFTH: Heather Wenninger, 5,000, 19.44.48; Katy Winter, 100 hurdles, 19.65.
SEVENTH: Christina Byrne, 5,000, 22:24.84.
EIGHTH: Caitlin Costello, triple jump, 9.42 meters.

opinions & editorials

FRIDAY, OCTOBER 23, 2015 RACE RUGH, EDITOR

Offering more services to protect women from abuse is essential

Erika Hayden
Voice Reporter

October is coming to a close; World Smile Day and National Apple Day have been celebrated.

Rather than educating people on issues with women this month, such issues have been brushed under the rug.

This month, the majority of attention has been on breast cancer awareness and raising money for such with walks and campaigns. A lot of fantastic work has been done here and, of course, the research is nowhere near done.

October is also National Domestic Abuse Awareness month, and it's been my struggle to find any information about the issue at hand or organizations drawing attention to it.

Just because the issue is not talked about does not mean it doesn't exist.

Domestic abuse can affect anyone regardless of race or class but is prevalent in women ages 18 to 44.

Abuse leads to an increased incidence of chronic disease: abused women are 70 percent more likely to have heart disease (the number one killer in the United States), 80 percent more likely to experience a stroke, and 60 percent more likely to develop asthma, according to Forbes Magazine.

According to the 2010 National Intimate Partner and Sexual Violence Survey, one in four women will become a victim of domestic violence.

Around three U.S. women a day are killed by intimate partners, according the National Network to End Domestic Violence, and one of three female homicide victims are killed by intimate partners.

One organization that has advocated for awareness, Planned Parenthood, has recently received a lot of backlash against the U.S. government and has perhaps steered people away from using Planned Parenthood as a resource.

In addition to providing services for breast health, Planned Parenthood's website created a newsletter on Oct. 1 in which they detailed domestic abuse and risks for those involved, particularly women.

Planned Parenthood provides screening for intimate partner violence at each of their facilities—about 700 clinics altogether.

It seems that the general public reaction is filled with questions about domestic abuse, particularly "If you're being abused, why don't you just leave?"

If women do not leave, then the answer must not be so simple. To understand domestic abuse, we must define it.

Survivors of domestic abuse are not necessarily strictly victims of physical abuse; domestic abuse can be psychological, emotional, and/or economical violence by an intimate partner.

"Survivors are robbed of their ability to access equal opportunities and rights, their health, and in extreme cases even their lives," Planned Parenthood said.

Many women that I've encountered personally have said that abusive relationships have snuck up on them.

They've been in a relationship for a period of time and they may see a red flag with their partner; for instance, they may be pressured to give their partner passwords to their phone disguised as a trust issue.

There always seems to be an excuse for why their partner needs to control aspects of the relationship, which infringes on their partner's independence.

Over time, a person in an abusive relationship may or may not realize that their partner is manipulating their life more and more. The more power the abuser has, the more abuse and damage they are able to cause.

Even though abusers complain that these women are so useless, they are actually incredibly dependent on the woman. Fearing that the woman may leave them, they begin to control and force codependency on them.

Research found that abuse is three times more likely to occur when couples are under financial strain according to Dr. Susan Weitzman, founder of the Weitzman Center, an advocacy organization that raises awareness about what she calls 'upscale abuse.'

According to Planned Parenthood, a survey conducted by Bio Medicine Central this year said, "Physical intimate partner violence by the man involved in the pregnancy stayed consistent for women who were turned away when seeking an abortion and carried their pregnancies to term. Whereas physical intimate partner violence went down among women who were able to have an abortion, which is consistent with the idea that women are less likely to leave abusive relationships if they have children."

Planned Parenthood said that 20 percent of pregnant women in abusive relationships have experienced some kind of coercion, meaning their partner has demanded they either have the baby or have an abortion.

This is another reason why women are afraid to leave: they fear they are endangering themselves and their children or may be economically dependent on their partner, especially when men are already at an economic advantage.

It is essential to provide resources to women and their children once they decide to leave.

When women leave their abusive partner and even take measures to follow up with police or file restraining orders, it can often upset the abuser because they have lost control of the situation.

Restraining orders target law-abiding abusers with a fear of breaking the law, but many abusers—who are obviously breaking the law to begin with—cannot simply be stopped by a piece of paper.

"Unfortunately, for some women these pieces of paper do become their last will and testament," said Kit Gruelle, an advocate who has worked with domestic violence survivors for 30 years.

"If a woman decides to get a restraining order, under the 1996 Lautenberg amendment to the Federal Gun Control Act, people who are subject to permanent domestic violence restraining orders can't own or buy guns. The law generally doesn't apply to dating partners or temporary restraining orders, although there are legislative efforts underway to change that," reported the Huffington Post.

The issue with this is many states do not have legislature allowing them to confiscate an abuser's firearm if they were in possession of that firearm before being charged with a domestic violence restraining order.

Authorities do not follow up, and women may be fearful of the likelihood of gun violence against them once they leave their partners.

see **HAYDEN** *on page 6*

From Page 5

According to Huffington Post, "Only 23 states and Washington, D.C., prohibit people with domestic violence restraining orders from owning or buying guns ... Just 15 states take this law a step further, requiring that firearms be surrendered once a qualifying restraining order is issued."

Massachusetts is one of these states.

The best answer I can propose to end domestic abuse is acknowledging that it is a problem that exists. It is important to educate boys and girls at a young age that violence is not okay and that hurting someone is not a sign that one 'likes' another.

We must change the conversation that tells boys outright that it's never the woman's fault, and that victim blaming and shaming must end.

"The woman is often disbelieved when she comes out," Weitzman said. "People will say, 'Look at your husband, look at your lifestyle.'"

It is also absolutely important for these issues to be talked about. Even the month that is dedicated to raise awareness seems to be silenced, much like victims of abuse.

Offering more services for women is a must. Safe Planning that works with the District Attorney's office in Springfield offers housing assistance and restraining orders for women in the area. Other Resources in the area include:

- YWCA: Springfield 413-733-7100
- Womanshelter/Companeras: Holyoke 413-536-1628
- Safe Passage: Northampton 413-586-5006
- Gay Men's Domestic Violence Project: 800-832-1901
- SAFELINK: 877-785-2020

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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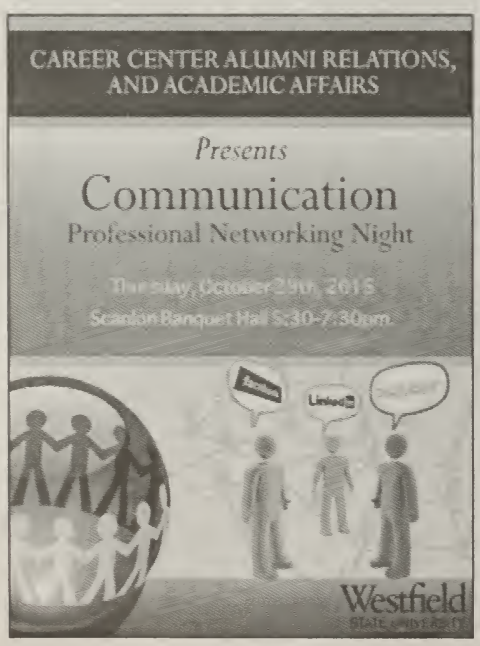
The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.



arts & entertainment

FRIDAY, OCTOBER 23, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of October 13, 2015

Top 10 Singles

1. The Hills - The Weekend
2. Hotline Bling - Drake
3. What Do You Mean Justin Bieber
4. 679 - Fetty Wap Ft Remy Boyz
5. Stitches - Shawn Mendes
6. Wildest Dreams - Taylow Swift
7. Can't Feel My Face - The Weekend
8. Locked Away - R. City Ft Adam Levine
9. Watch Me -Silento
10. Good for You - Selena Gomez - Ft A$AP Rocky

Top 5 Albums

1. Revival - Selena Gomez
2. The Documentary - The Game
3. Beauty Behind The Madness
4. Fetty Wap - Fetty Wap
5. What A Time To Be Alive - Drake & Future

Top 5 Movies

1. Goosebumps
2. The Martian
3. Bridge of Spies
4. Crimson Peak
5. Hotel Transylvania 2

Upcoming DVDs

1. The Gift
3. Max
4. Pixels
5. Southpaw

ALBUM REVIEWS

Sorority Noise- Joy Departed

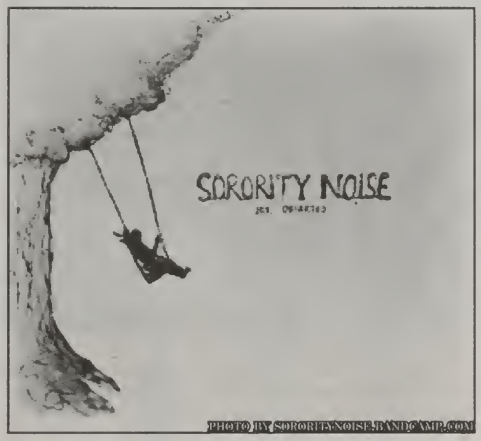


PHOTO BY SORORITYNOISE.BANDCAMP.COM

Kevin Griffin
Voice Reporter

"Joy Departed" is the sophomore album by the pop-punk band "Sorority Noise." This band formed in Hartford, Connecticut in 2013. Their debut album "Forgettable" was one of my favorites of that year.

The album really showed the band's punk-rock influence. It had some harsh guitar riffs and some very straightforward and honest lyrics. This album really reminded me of "Sports," an album by "Modern Baseball." I was extremely excited for the 2nd full length LP by "Sorority Noise."

I could immediately hear a cleaner and more polished sound from the album's introduction song "Blissth." It seemed that a lot more production was being put into this album right off the bat.

The second track, "Corrigan," remains one of my favorites on the album because of "Modern Baseball's" vocal feature.

Some of the other tracks that I really enjoyed included "Nolsey," "Art School Wannabe," and "Using." These tracks really stood out to me; however, some of the other tracks like "Florescent Black," seemed to blend into the album.

Overall, I really did enjoy this album. Though I enjoyed the grungy and raw sound from the band's first album, I understand that a cleaner sound can help with the band's growth.

The straightforward and relatable lyrics can be very appealing to anyone listening to this album.

It is absolutely worth listening to.

Mac DeMarco- Another One

PHOTO FROM PITCHFORK.COM

If you are looking for one of the most unique albums of 2015, you are looking in the right place.

Mac DeMarco released his 8-track mini-album "Another One" in August of 2015.

Mac DeMarco is simply one of the best songwriters of our generation, and he has proven himself again with his album.

DeMarco has received a lot of success from his previous works, including "Salad Days," "2," and "Rock 'N' Roll Night Club."

DeMarco has a very original sound that completely sets him aside from any other artist making music these days. His upbeat guitars, distorted vocals, and piano elements help differentiate his music from any other artist.

One of my favorite tracks from this album was the single "The Way You'd Love Her." This track perfectly encompasses DeMarco's classic sound that I've always loved.

Also, tracks like "Just to Put Me Down" and "Another One" are very catchy.

This album is really great for both DeMarco and his fans. In releasing these tracks, DeMarco showed how he is sticking to his older sound but is pushing forward and progressing as an artist.

He is experimenting with new sounds that he wants to work with, but he is keeping his unique and signature sound.

I would recommend "Another One" and his previous music to anyone looking for new music with a unique twist.

KNOWING TO COOK

Sashimi with Samurai – The Food of Japan

Ryan Cashman
Voice Columnist

I must subconsciously be craving raw fish. Universally recognized as the healthiest meat to consume in an uncooked fashion, my last few articles have focused heavily on nations in which raw or fermented fish is an important part of the gastronomical identity.

I imagine that most of you out there are tired of me repeatedly droning on about the health benefits of our aquatic friends or their importance to cuisines around the world, and I imagine that you'd like me to discuss something more relevant like meat. Well, too bad, because today we are talking about Japan, the country we all associate with said fish.

Japan is home to some of the world's healthiest and long-living people and that all too popular concoction of wondrous flavors: sushi.

I'm not going to talk about sushi, because everyone else already has. Instead, as the title implies, I am going to focus (briefly) on sushi's vastly underappreciated brother: sashimi.

The main difference between the two is simple: sashimi is not rolled into neatly compacted rice circles. The brothers, however, do share one glaring similarity: rawness.

Typically presented as the first course of a traditional Japanese meal, sashimi is very thinly sliced raw meat or fish arranged on the serving tray to resemble a flower. The word sashimi means "pierced body," which is said to be derived from chefs sticking the head, tail, and fins of the fish into the slices to identify the type of fish being consumed.

Japanese chefs consider the dish to be the finest dish in formal dining, serving it first in order for the flavors to be fully tasted before anything harsher strikes the palate.

Popular ingredients for sashimi include tuna, salmon, squid, mackerel, octopus, scallop, sea urchin, and whale meat. The dish can also be prepared with raw red meats, including beef and horsemeat.

Believe it or not, though most of us cannot fathom the idea of consuming horse, the meat itself is actually lean and packed with more protein and healthy fats than beef.

Despite its lack of global popularity, sashimi is revered throughout the island nation and maintains a very high place on the hierarchy of Japanese cuisine.

Of course, there is more to Japanese cooking than just raw fish dishes. There's the luscious, deep-fried crispiness of tempura; sweet, sticky, and savory rice; grilled meats; ramen—the list goes on and on.

Now, I've mentioned ramen and I must clarify that traditional Japanese ramen is absolutely nothing like the 75 cent packets loaded with sodium and preservatives which have kept college students alive for decades. Traditional ramen noodles are made from four basic ingredients: wheat flour, salt, water, and kansui (a Japanese mineral water which makes the noodles light and airy and also lends them their yellowish hue).

As with most dishes in Japan, ramen varies from region to region. Tokyo style ramen uses thin curly noodles and a heavily soy based broth, whereas Sapporo style ramen has a thicker miso base, which I will explain further in approximately four sentences.

Four categories of ramen exist in Japan: shio, tonkotsu, shoyu, and miso.

Shio, translated to salt, is the oldest of the four categories and looks very similar—in appearance only—to the packaged ramen we find here in the States.

Tonkotsu, translated as pork bone, has a cloudier broth resulting from the boiling of pork bones, whose fat and marrow flavor the broth.

Shoyu, meaning soy sauce, begins as the basic shio ramen but uses a heavy amount of soy sauce to create a salty, tangy flavor layered with the extra ingredients added into the broth.

Finally, there is miso, which is the newest of the four categories. Miso is a Japanese flavoring made from fermented soy beans, salt, and a fungus called Aspergillus oryzae. The resulting flavor, and the flavor it lends to the broth of the ramen, is robust, tangy, nutty, and ever so sweet, creating a complex and intricate level of flavors not truly found in the other three categories.

Receiving national acclaim by 1965, miso has since become one of Japan's most popular exports and can be found in any Asian or specialty supermarket.

This small island nation—much like another island nation I mentioned recently, only the latter is exceedingly more English—once ruled over a vast and powerful empire that stretched across the vastness of the Pacific Ocean. Today, Japan rules over a much different type of empire: a cultural empire.

Japanese culture has become one of the heaviest exported cultures in the entire world. Its animation is seen on nearly every household television. Its philosophy is taught in schools across the country. And its food has become the second most popular Asian food in the world, following right behind China.

So yes, there is more to Japanese cuisine than just raw fish. But you know, that raw fish is pretty darn good.

As always: Buona Tavola é Mangiare Bene!

Star Wars: Battlefront Beta conlcudes to praise and criticism

Joey Russo
Voice Reporter

Regardless of age, at one point or another you've probably seen "Star Wars." We all have a faint memory of some ten years ago when the original "Battlefront" game was released. Gamers young and old stormed local game stores itching to get their hands on a copy of the iconic video game. After a noticeable hiatus from last generation's game consoles, "Star Wars: Battlefront" returns in heroic fashion looking to regain its throne as the year's best multiplayer first-person shooter.

EA DICE, the company now famous for the "Battlefield" games, has teamed up with its old friend Electronic Arts to take on the challenge of satisfying some of the harshest critics in the world: "Star Wars" fans.

In early October, a beta was released to tease fans on what exactly they would be getting out of the long-awaited reboot. Needless to say, the beta did not disappoint. Players were allowed to play three of the game modes that would be available once the full version was released in November.

The game mode Drop Zone on Sullustt would be familiar to hardcore "Battlefield" fans, as you and seven other teammates must control the flow of enemies as drop ships are landed on your location. The frantic yet exciting eight-on-eight combat was more than enough to get fans excited.

Survival Mission on Tatooine is exactly how it sounds. Similar to Horde in Gears of War, you or a friend can team up to hold off wave after wave of enemies. "Star Wars" fanatics will be more than jubilated to have to battle AT-ST's, TIE fighters, and stormtroopers.

Last but certainly not least is Walker Assault on Hoth. If you're not giddy yet, I suggest you stop reading. Yes, just like in previous installments, you're thrown into the epic recreation of the battle that highlighted "Empire Strikes Back." This adds another level of awesome; now you're just one of forty other players sprinkled between the rebels and the imperials. Your objective is to stop the onslaught of the empire or to destroy the rebel's base.

Either way, your jaw will drop once you're thrown into the most intense game mode of the beta. Also, Luke Skywalker and Darth Vader return as playable characters.

Not all that often do I find myself stopping midgame just to marvel at the beauty of what's going on around me, but that's exactly what I did playing this game: elegant destruction, as I would say. When I played the beta for the first time, I felt slightly overwhelmed by the complexity and depth of the game; however, once I got the gist, I was off and running. Gamers familiar with the "Battlefield" combat system will jell easily with the button layout and weapon sensitivity. Long story short, the playable maps are truly breathtaking. The combat system does a phenomenal job of making you feel as though you're actually a part of the battle. Returning veterans of the previous games will have a breath of fresh air with the new game modes.

"Star Wars: Battlefront" is more than just a reboot, it's a redefinition of the game you thought you knew. Finally a middle ground has been reached between the avid "Star Wars" fan and the part-time gamer. "Battlefront" will rival the newest "Call of Duty" and give "Halo 5" a run for its money as far as massive multiplayer online games go.

It's been ten years, believe it or not, since the last "Battlefront," and when its newest brother arrives, hope will undoubtedly be restored in the force.

The game is set to release on November 17, 2015. It will be compared to three major franchises that are releasing revolutionary games this holiday season. Call of Duty: Black Ops III, Fallout 4, and Assassins Creed: Syndicate are all expected to sell well this holiday season.

HOROSCOPES

Aries (March 21-April 19): Stay away from all Tauruses who have consistently tormented you in the past.
Taurus (April 20-May 20): It's time to break out the checkbook and start confiding in a therapist because your friends are sick of hearing about your problems.
Gemini (May 21-June 20): Keep your friends close and your enemies closer. Keep all Tauruses as close as you possibly can.
Cancer (June 21-July 22): Quitters never win and winners never quit. Luckily, you never commit to anything, so you do not have to worry!
Leo (July 23-August 22): That new love interest in your life is about to go incredibly wrong. Stick with this person; you need some trauma and betrayal to spice up your life.
Virgo (August 23-September 21): Stop biting your tongue when you find yourself in an argument. If you don't, you'll be taking a trip to the doctor for tongue stitches very soon.
Libra (September 22-October 23): Your life has been going very smoothly lately. Almost too smoothly...
Scorpio (October 24-November 21): An unexpected guest will turn up at your house this week. It's a Taurus. Keep your front door bolted and your windows shuttered.
Sagittarius (November 22-December 21): Do not make that extravagant purchase that you've been contemplating making. Your bank account is about to take an unexpected turn for the worse.
Capricorn (December 22-January 19): Keep your chin up! You're beautiful on the inside no matter what the masses say!
Aquarius (January 20-February 18): The stars are sensing that you're itching to go out on a limb this week. Don't. The Westfield tree branches are not as strong as they appear to be.
Pisces (February 19-March 22): Your life has become too bland. Time to pick up knitting and bingo for a hobby.

owls athletics

Friday, October 23, 2015 Michael Barry, Editor

Men's Soccer remains dominant in conference play despite slow start

Andrew McIntosh
Voice Reporter

This past Saturday, the Westfield Men's Soccer team took on the Worcester State Lancers. The Owls came out on top improving their record to 5-7-1 overall and stay on top of the MASCAC with a record of 4-1 in league play.

This was a very important win for the Owls after a tough loss to the Framingham State Rams. With the Owls back on their home turf they were able to pull off a very important win. They now must attempt to keep the momentum going with only four games left in their season.

Getting back to this most recent win against Worcester State, it was a tough start for the Owls when Worcester State went up 1-0 just 1:54 into the match. The goal came from Ramdal Mendez of Worcester State.

The Owls rallied and were able to shut Worcester state out for the rest of the game. It's always a good sign when you are able to score a lot of goals, but it is something different when you can shut a team out for the rest of the game after a quick opening goal like that. It says quite a deal about this teams character that they are able to buckle down and play hard defense.

It's a defensive game and no one knows that better then the Owls Goalkeeper Sophomore Alex Kraver. Kraver had 5 saves on 18 other shot attempts by Worcester State. This was a fantastic individual performance by Kraver and the key to this victory.

The offense for the Owls was sparked by two time MASCAC Rookie of the week Freshmen Brodie Keen, whose goal was assisted by Sophomore Sean Lathrop at the 18th minute in the game. Then at the 37th minute, Senior Jack Fisher scored on a penalty kick to put the owls up 2-¬1. This was the deciding factor in the contest and a costly penalty for Worcester State.

With a minor hiccup in the opening possessions, Westfield was able to hold onto win. Worcester State had more shot attempts in the game with 9 in the first half followed by 8 in the second half. Westfield had four less shot attempts with 8 in the first half and in the second half having 6.

I'ts to be expected that Worcester would have more attempts in the second half considering they were down and needed to be are up tempo and create more scoring chances. Westfield simply set their defense and didn't give them any easy opportunities to steal the game. With all the scoring happening in the first half, Westfield held on to win an important game as the season is winding down.

The Owls will be up against Rhode Island College this week then a must win MASCAC league game against Bridgewater State.

Senior midfielder, Jack Fisher (Above), scored his first goal of the season against Worcester State this past weekend. He also has one assist on the season, which he recorded in early September.

Scores of Past Owls Athletics Events	*Upcoming Owls Athletics Events*
Thursday, October 15th	*Thursday, October 22nd*
W Vball vs Eastern Nazarene College W 3-0	W Vball vs Wesleyan 7:00 pm
Saturday, October 17th	*Friday, October 23rd*
W Soccer at Worcester State L 1-3	W Vball vs Trinity College (played at Smith College)
M/W XC at WNEU 1st Place/1st Place	*Saturday, October 24th*
M Soccer vs Worcester State W 2-1	W Vball vs Brigewater State
W Vball vs Bridgewater State W 3-1	WVball vs Hamilton College (games played at Amherst)
W Golf at Wellesley Invite 7th Place	W Swimming at Simmons College 1:00 pm
Field Hockey at Salem State W 2-1	W Soccer at Bridgewater State 12:00 pm
Football vs Mass Maritime W 41-34	M Soccer vs Bridgewater State 12:00 pm
Tuesday, October 20th	Field Hockey vs Plymouth State 3:30 pm
Field Hockey vs Eastern Connecticut State L 0-2	Football at Bridgewater State
Wednesday, October 21st	*Tuesday, October 27th*
M Soccer vs RIC L 0-3	Field Hockey at Mt. Holyoke College 7:00 pm
W Soccer at Brandeis L 1-3	*Wednesday, October 28th*
	M Soccer at WCSU 7:00 pm
	W Soccer vs Keene State 7:00 pm

Football wins homecoming game

Tim Jaroche
Voice Reporter

Freshman running back Travon Holder (Above) is able to escape defenders from Mass. Maritime during his hat-trick of touchdown runs on Saturday. He has 178 yards and 5 touchdowns through five games this season.

Our Westfield Owls football team took on Mass Maritime at home this past Saturday. Previously they had lost their last four games, holding a record of 1-4. Mass Maritime was coming into this game was 2-2.

To start the game, Mass Maritime led a lengthy 18-play drive for 72 yards and a score. On second and goal Kenny Pierce of Maritime ran it in from two yards, and the point after kick was missed, making the score 6-0 Maritime.

Westfield returned the kick to Maritime's 39-yard line. In nine plays QB Erik Washburn scored from the one yard line. The extra point was good, 6-7 Westfield leading.

Maritime wasted little time on their next possession, moving the ball 70 yards on 6 plays for another score. The point after was good this time to give Maritime the lead 13-7.

Westfield's following drive would take them into the second quarter. After holding onto the ball for five minutes, kicker Tiere Simpson kicked a field goal from 32 yards out. Now down just three the score was Westfield 10- Maritime 13.

After a hot start for both teams, things slowed down in the second. Only one score took place between both sides. Maritime drove 79 yards and ran it in from the two one first and goal. The rest of the quarter ended in eight total drives, all of 4 plays or less.

The kickoff return team for Westfield was successful all day. Returning Maritime's kick to the opposing 39-yard line to start the second half, the owls were ready to play. On first and goal, four plays later, Ryan Sweeney ran in a score from nine yards out. It was now Westfield 17- Maritime 20.

Maritime punted to end the next drive and Westfield struck quickly. Travon Holder took a handoff from the 19 and scored to put Westfield in the lead. Finally taking the lead, the socre was Westfield 24- Maritime 20.

Following that drive Maritime scored again to make it 27-24. To end the third quarter Westfield would kick a field goal to tie it up heading to the fourth.

To start the quarter Westfield came up with a big play early. Washburn threw an 84-yard pass and catch to Colin Smith for a touchdown. Holder ran it in from two yards to put Westfield up 34-27. As they did all game, Maritime matched the score on the next drive with a rush from 23 yards out. Late in the game the score was tied Maritime 34- Westfield 34.

Later on a late drive by Maritime, John Ollari of Westfield came up with a huge interception to lead Westfield to its final score. On the first play of the series Holder, took off from 37 yards and found his way into the end zone.

The extra point was good and Westfield had the lead 41-34 with two minutes to go. All they had to do was make one more defensive stop.

In just a minute and a half Maritime moved the ball from their own 25 to Westfield's 18. With no option but to go for it on fourth down Greg Sheridan came up with a deflection on a pass intended for a Maritime receiver cementing a huge victory, Westfield 41-Maritime 34.

This weekend our Owls will go to Bridgewater to face off against the bears. We'll see if they can put another full game together and get the win.

XC Sweeps WNE Race

WSU Athletic Department

Westfield State men's and women's cross country teams swept the Western New England Invitational on Saturday, led by sophomore Jessie Cardin (Sutton/Sutton, Mass.), who won the women's individual race.

Cardin covered the 5k course in 18:29 seconds, easily outdistancing the field. Teammate Ashley Monahan (Agawam/Springfield, Mass.) was second across the finish line in 19:26 and the Owls Mary Dignan (Hudson/Hudson, Mass.) placed eighth in 20:16.

The Owls won the 15-team meet with 32 points, Gordon College was second with 69.

In the men's race, the Owls claimed places 4-8, led by senior Matt Moussamih (Diman Vocationa/Fall River, Mass.), who took fourth place in 27:22. Chris Williams (Shrewsbury/Shrewsbury, Mass.) was fifth in 27:27, and freshman Tim Forrest (Westborough/Grafton, Mass.) took sixth in 27:30.

The Owls tight pack enabled them to win the 11-team race with 30 points. Southern Vermont was a distant second with 80 points.

The women's cross country team, led by sophomore Jessie Cardin, has finished in the top five in consecutive meets, and winning at WNEU.

Women's soccer drops first conference game

Mike Barry
Sports Editor

The Westfield women's soccer team suffered their first in conference loss to rival Worcester State. With a final score of 3-1, the Owls fall to 3-1-1 in the conference and 7-5-1 overall.

The loss to Worcester state is crucial in regards to the MASCAC standings. Worcester is currently in second place with a conference record of 4-0-1. A win for Westfield would have moved them up into second place and in great position to try and move up to first.

The Lancers were able to get on the board first, with a beautiful cross from the right side by senior forward Alicia Macomber. The early lead gave Worcester control of the game right away and they never let it go.

A costly mistake by Westfield goalie Natalia Falcone set up Worcester for their second score just nine minutes after the first. Falcone picked the ball up outside of the box, resulting in a penalty kick for the Lancers. Again it was Macomber putting the ball in the net for the Lancers, as she fired a beautiful goal into the top left corner of the net.

Down 2-0 this early in the game, Westfield needed to respond fast if they had a chance to keep this one close.

The Owls finally got on the board in the 29th minute by capitalizing on a key defensive error, just like Worcester had on them. An ill-advised pass on the Worcester side of the field, junior midfielder Katie Matroni fired the ball into a virtually open net.

With the momentum on their side going into the half, the Owls were setting themselves up for a great comeback victory.

Despite losing at the half, Westfield was able to out shoot the Lancers 5-4. They needed to be more effective offensively and capitalize on scoring chances in the second half. Unfortunately, they were met by a lights out goaltender on the Worcester side.

The Owls dropped their first MASCAC league match of the season this past Saturday against Worcester State. They got behind early in the game after giving up a goal in the 5th minute and could not recover through 85'.

Westfield would be shut out for the rest of the game thanks to the great play of Worcester senior goaltender Jillian Witkowski. Witkowski stopped every shot Westfield had on net in the second half, recording an impressive five saves.

Minutes into the second half, Worcester State put the nail in the coffin, as freshman midfielder Nikki Depilla scored off a rebound.

The Owls were never able to get anything together offensively for the rest of the game.

Although they lost by two goals, this game was far more competitive than the scoreboard makes it seem. Their ability to stay close with teams at the top of the MASCAC is a great sign moving forward in the season.

With just two in conference games left, the Owls need to get victories in both of those to solidify a high seed in the MASCAC tournament. The MASCAC tournament begins on November 3.

League Championship Series pave way for exciting World Series

Nic Odell
Voice Reporter

The League Championship Series got underway this past weekend, with the ALCS beginning Friday night, and the NLCS beginning Saturday night.

The NLCS matchup features the Chicago Cubs and the New York Mets, who defeated the LA Dodgers in Game 5 of the NLDS to advance. The Mets currently hold a 3 games to none lead over the Cubs in the best-of-7 series. The last team to overcome a 3-0 deficit in a best-of-7 postseason is the 2004 Boston Red Sox, who defeated the New York Yankees.

The Mets won the first three games of this series behind dominant pitching. In Game 1, Matt Harvey shut down the Cubs offense, going 7 2/3 innings pitched, giving up 4 hits and two earned runs. Striking out nine Cubs batters, the Mets won 4-2. In Game 2, Noah Syndergaard dazzled for the Mets, going 5 2/3 innings, giving up 3 hits on one earned run and striking out nine as well.

Game 3 shifted to Wrigley Field after the first two games being played in New York, and the Mets continued their pitching trend. Jacob DeGrom tossed 7 innings, giving up four hits on two earned runs and striking out seven.

On the offensive side for the Mets, Daniel Murphy has been on a tear, homering in five straight postseason games, tying Carlos Beltran's record back in 2004. Mets closer Jeurys Familia has been lights out as well for the Mets.

The ALCS features the Kansas City Royals going up against the Toronto Blue Jays. Right now, the Royals hold a 3-2 edge in the series, with the Royals winning the first two games at home, then the Blue Jays winning two of the next three at the Rogers Centre.

The Kansas City Royals and Toronto Blue Jays are two teams that have not won a world series in a long time. However, both teams had phenomenal regular seasons and are on the brink of a World Series appearance.

NCAA releases USA Today Coaches Poll for 2015-16

Jack Corsi
Voice Reporter

Last season, Coach K and the Duke Blue Devils took him the ultimate prize in college basketball. Led by Jahlil Okafor, Justise Winslow and Tyus Jones, they were able to overcome Frank Kaminsky and Wisconsin to win the National Championship.

But like all good things, they at one point come to an end. As the month of October slowly winds down, we are graced with our first USA Today Coaches Poll. Let's get to know the Top 5.

Sitting at number 5 is the Kansas Jayhawks and Coach Bill Self. Coach Self and the Jayhawks dropped a matchup with instate rival Wichita State, a long awaited matchup for any fan of the Shockers. This Jayhawks team will look to veterans in Perry Ellis and Wayne Selden, along with some others who are hoping to make an impact.

Duke comes in at Number 4, and really what is a top 5 poll without Coach K's team? Remember Grayson Allen? The unsung hero of the National title game, Coach K has him coming back alongside junior guard Matt Jones.

Duke also added a number of big time recruits. So surprise surprise, they land inside the top 5 once again. The ACC will be tough, but nothing really surprises us more than a Duke team out of the top 5, and as usual, there is no surprise here.

At Number 3 is the Maryland Terrapins, coached by Mark Turgeon. This Terps team has proved a lot over the past few years, but just came up short in the Tourney last season, falling to Bob Huggins and West Virginia.

The Terps added 5-star recruit Diamond Stone, as well as former Duke Guard Rasheed Sulaimon. These two should complement Jake Layman and Melo Trimble well. I really like this Terps team.

We have co-number 1s, so there is already some controversy among the ranks. Somewhere Dick Vitale is screaming one of his absurd catchphrases.

At one of the top spots are Roy Williams and UNC. The Tarheels are a solid team, led by the outstanding point guard Marcus Paige. Paige, alongside Kennedy Meeks, a strong forward, keeps the Tarheels a strong threat.

But they have a number of unproven players making them a risky team to have up so high. I'm unsure about this UNC team, but they did have a good run last year, and Roy Williams knows all about momentum. He and the Heels plan to be riding it hopefully all next year.

Kentucky and Coach Cal is the final number 1 team. Is this a surprise to anyone at this point? After a disappointing championship less season, Coach Cal has Marcus Lee, Tyler Ulis and Alex Poythress coming back this season. Along side those veterans, freshman Isiah Briscoe is supposed to be the real deal.

This team is loaded with talent, but virtually unproven. They may have a superstar three down low, especially with Ulis. Only time can tell.

A solid 5 teams are right here, and there are still teams like Iowa State, Virginia and Villanova outside the top 5. Those three are also suitable teams but like I always say, that's why we play the game.

2015 NHL Rookie Class may be the best of all-time

Andrew McGill
Voice Reporter

Eat your heart out this year NHL fans, because this year's rookie class is profound and has a 'once in a generation' feel to it.

Remember the 2005-'06 rookie class? It was stacked. It included the likes of Sidney Crosby, Alex Ovechkin, Henrik Lundqvist, Ryan Getzlaf, Corey Perry, Zach Parise, Jeff Carter, Thomas Vanek, and Duncan Keith, just to name a few. It's tough to tell so early, but this class may be just as good as that one. If anything, they're off to very thrilling start.

The race for the Calder trophy will obviously feature headline stars Connor McDavid and Jack Eichel. They were this year's first and second overall picks respectively, just like Crosby and Ovechkin back in '05. They will be under the microscope the most throughout the season, and it will be interesting to watch both of them. Although they headline the class, they actually have some serious competition for the Calder this season. Some of their competition will predictably cool off as the season goes on, but for now this class is one of the deepest we've seen in 10 years.

Dylan Larkin is another guy to watch as he has already made a big impact in Detroit. The 19-year-old was last year's 15th overall pick and couldn't be left off the Red Wings roster after the preseason he had. Larkin has crazy offensive talent. When paired up with veterans like Henrik Zeterberg and Justin Abdelkader, he becomes very dangerous.

The 23-year-old KHL prospect Artemi Panarin joins the Blackhawks this year after signing a 2-year contract this offseason. Panarin has 7 points in 6 games so far for Chicago and is looking really good. His speed and elusiveness can be compared to his all-star line mate Patrick Kane, which is quite the compliment.

Nikolaj Ehlers is helping light the lamp as a second line winger in Winnipeg. He's already picked up a goal 3 assists and posted a +5 rating in just 6 games. He's a 19 year old that was the 9th overall pick last year.

The future looks real bright for the Coyotes, as they foster two outstanding rookie forwards in Max Domi and Anthony Duclair. Domi is a very skilled center that can produce in a major way. Max is the son of former NHL player Tie Domi, and is able to bring some of his father's physicality to the game. Duclair, who has already registered a hat trick in his young career, is a great compliment to him on his left wing.

The list of rookies forwards who have been impressive goes on and includes Sam Reinhart, Sam Bennett, Nikolaj Ehlers, Mattias Janmark, and Oscar Lindberg. All of who have budding potential.

Have I mentioned we haven't even talked about any defensive rookies yet? Because we haven't and although none of the defenseman have burst onto the scene quite like some of the other forwards have, there's a lot of potential in this year's class.

Colton Parayko is a guy that surprised some people and made the Blues roster coming out of camp. He has a booming shot, which he demonstrated by breaking a pane of glass against the Canucks. He already has two goals on the young season and is averaging almost 18 minutes a game.

A guy who may need to develop a little at the NHL level is this year's 5th overall Noah Hanifin. He is going to be a bona fide stud on the blue line in the coming years for the Hurricanes. He has a lot of range and plays a smart defensive game. Once he gets going and starts quarterbacking the power play, forget about it, he's going one of the best defenseman in the league.

Ben Hutton is another defenseman in Vancouver who is averaging 19 minutes a game. For a rookie, that's not very light work. But In the time he's been given he hasn't disappointed, snagging 3 assists and posting a plus/minus rating of 2 through 5 games.

Dylan Strome and Darnell Nurse are both guys who didn't make their club's roster at the beginning of the season, but if given time at the NHL level could impress.

It will be fascinating to watch this exciting rookie class grow and continue to put numbers on the boards. With the skill set a lot of these guys are currently showing, this year's Calder race will be more than just Eichel vs. McDavid.

The NHL season has started off hot and it seems to be as exciting as ever.

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Dogs

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BEAGLE
BLOODHOUND
BOXER
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DACHSHUND
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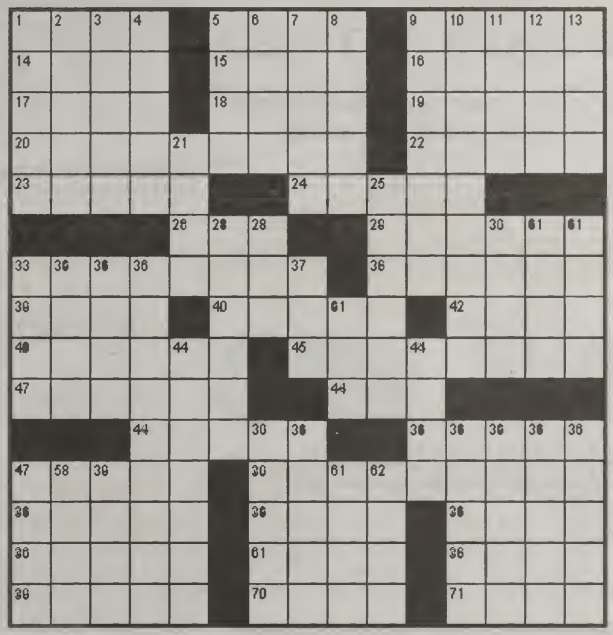

Across

1. Inquires
5. Whip
9. Hyrax
14. Fraud
15. Countertenor
16. Silly
17. Adhesive strip
18. Bambi was one
19. Stubble
20. Workers
22. Blabs
23. Domain
24. Oval nut
26. Bigheadedness
29. White part of teeth
33. Moribund
38. Clothing
39. A unit of pressure
40. Encounters
42. Found in skin lotion
43. Bury
45. Unnecessary
47. Peyote
48. East southeast
49. Bowel cleansing
52. S S S S
57. Palm cockatoo
60. Frequency of occurrence
63. Museum piece
64. Cast
65. Learning method
66. Artist's workstand
67. Graven image
68. Egg on
69. Came up
70. Let go
71. Swirl

Down

1. Flower with a showy head
2. Dishonor
3. The 10th letter of the Greek alphabet
4. Odor
5. Gentlewoman
6. Out of the wind
7. Precipitous
8. Steed
9. Remote
10. Existing before birth
11. An earthy deposit rich in lime
12. Freudian stage
13. Current event information 2 1 . Portent
25. Stops
27. Take a chance
28. Half of two
30. 5280 feet
31. God of love
32. Bottom of the barrel
33. Flower stalk
34. Sound
35. Products of human creativity
36. Foodstuffs
37. Half a score
41. Golf ball support
44. Shackle
46. Accomplishment
50. Imitate
51. An electrode
53. Twilled fabric
54. Hair net
55. Outer or exterior
56. Poorly kept
57. Region
58. Backside
59. As well
61. Dolt
62. Indolent

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The Westfield Voice

FRIDAY, OCTOBER 30, 2015

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Board of Trustees approve phase one of Juniper Park renovations, unanimously recommend Ramon S. Torrechilha for new president.

Matthew Carlin
Managing Editor

The Board of Trustees met on Wednesday, Oct. 28th in a special meeting to discuss the costs associated with the first stage of the Juniper Park renovations and the much-anticipated recommendation for a new University president.

The first item was the approval of minutes for the previous meetings, which ended up being tabled until the next meeting because the board requested to have a physical copy to review.

The second item pertained to the annual review of the president. Elizabeth Scheibel, the chair of the board, indicated that the review was not ready to be discussed and would instead be ready before their December meeting.

When it was time to talk about the Juniper Park renovations, Kim Tobin, interim vice president of administration and finance, requested that the board allocate two million dollars towards financing the upcoming costs associated with the first phase of the renovations.

Trustee Kevin Queenin, the chair of the subcommittee for finance and capital assets, indicated that the committee had to be as conservative as the current policy dictates and take into consideration the financial commitments for the current and next two fiscal years.

Dr. Ramon S. Torrechilha addresses students during the open student forum. Dr. Torrechilha has been recommended to the Board of Higher Education to be the University's 20th President, succeeding interim president Liz Preston.

As with most requests from Vice President Tobin, Queenin indicated that the request was very conservative in nature.

Queenin and the subcommittee were "very confident and comfortable" with the plans for phase one of the Juniper Park renovations.

On behalf of the committee, Kevin Queenin made the motion to move two million dollars for the first phase of the Juniper Park renovations.

The motion was seconded.

During discussion, Trustee Queenin made it a point to clarify that the money would only be used for phase one of the renovations.

The trustees unanimously voted for the motion, and it was approved.

After the vote, Chair Scheibel quickly transitioned to the highly anticipated topic at hand: the recommendation to the Board of Higher Education regarding the 20th President of Westfield State University.

Chair Scheibel opened the discussion by informing the committee that one of the final candidates, Damien Fernandez, had withdrawn his name for consideration; therefore, it was clarified that he and his forums should not be a part in the discussion.

She further explained that Dr. Elizabeth Preston was not considered for the position due to a previous condition set by the BHE.

The Trustees applauded and thanked Dr. Preston for her "strength of character," "guidance," and "leadership."

Vice Chairman Steve Markus was the first to speak and indicated that the process was long and challenging. The 40 weeks it took to come to a decision were weeks of "hard work and preparation."

The rest of the trustees echoed his sentiments during their inputs.

On the subject of the recommendation, Trustee Queenin, who spoke next, indicated that the other candidate was highly qualified and would make a great administrator.

On the subject of Dr. Ramon S. Torrechilha, Queenin spoke of Dr. Torrechilha's visions and his claim that budget numbers speak to him, of which Queenin emphasized his support.

He claimed that Dr. Torrechilha cares deeply about student success and

see **CARLIN** *on page 7*

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RHA
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Album Reviews
Horoscopes
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M/W Soccer
Flip Saunders

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VOLUME VII, ISSUE VI

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FRIDAY, OCTOBER 30, 2015

News from other schools

The Daily Collegian, U of Mass., Amherst
Hundreds of students rallied together in front of Machmer Hall in support of Bernie Sanders for the 2016 presidential election.

The Harvard Crimson, Harvard Universtiy
A group of Asian and Asian American student leaders on campus are challenging the motives of a lawsuit filed against the university by an anti-affirmitive action group.

The Daily Campus, Univ. of Connecticut
The University of Connecticut is considering tuition increases, workforce reductions and academic program cuts to close a $40.2 million budget gap in the coming fiscal year, according to university officials.

The Daily Orange, Syracuse University
A poetry slam, hosted by the LGBT Resource Center at Syracuse University, was inspired by the recent film, "Dear White People," a satire about race identity and identification, and was the keynote event for Coming Out Month. The slam event featured four queer and transgender spoken word poets: Olson, Danez Smith, Yazmin Monet Watkins and Kit Yan, who served as the emcee for the evening.

SGA discusses first finance proposal

Ryan Caulfield
Layout and Design Editor

The main highlights from the last Student Government Association meeting were a brief discussion on academic advising, a new strategy to raise money for the Globe, new concerns over the Physician Assistant program, and the first finance proposal.

Evelyn Dina, president of the SGA, invited Nicole West, academic advising staff assistant, to talk about the peer advising and registration process.

The advising staff has reached out to first-year students more than previous semesters, she said.

Every fall semester the academic advising office offers peer-advising and class registration sessions to teach first-years about the process.

"Last year we offered five and we hit somewhere between 512 first-year and new transfer students. This semester we offered and saw 885 first-year and new transfer students," West said.

First and second year athletes, she said, should be taking advantage of their early registration.

"It took athletics many years to get early registration, so please don't discount that opportunity they have been able to get you," West said.

She said beyond the peer advisors, students could receive quality advising from professors in their majors or concentrations to engage them in meaningful conversations.

She also said a student could visit the peer advising office if he or she is having difficulties with a professor as an advisor, they.

She said students should not be afraid to drop a failing class if they need to because it is not worth failing a class and hurting their overall grand point average when they can retake the class.

The final date to withdrawal is Wednesday, Nov. 18.

The final topic she talked about was the Westfield State 360 program.

The two-year-old program is like a degree audit, and it is used for progress surveys done by professors, West said.

She said the university wants to stop using paper progress surveys and streamline the process. This would make it easier and convenient for professors because they wouldn't have to write more than one for the same student so multiple offices can view it.

"Some of you during the semester may get emails from me saying 'kudos, keep up the good work,' and you think 'how the heck do you know how I'm doing in my class?'" West said.

She said that professors could not only tell her when a student is doing well but also raise flags on students that aren't doing well to recommended help outside the classroom.

"We want faculty to be engaging with the students more, especially those who aren't being that academically successful and support them," West said.

Students can find WSU 360 by logging into myWestfield and then selecting the academics tab. It is located on the bottom left of the page.

Justin Connolly, student trustee, said the #savetheglobe organization's goal to reach $10,000 is achievable. They have raised $8,300 for a replacement globe so far.

Connolly said that this year he wants to try something different by getting each class involved in raising money by brainstorming ideas for new programs. He said getting the globe back is a community goal.

Jon Cubetus, vice president of academic life, and Matthew Carlin, vice president of student life, announced that the Physician Assistant program has stalled in its process to be a legitimized graduate program.

The faculty union on campus has filed a grievance against Westfield State regarding the current governance committee through which the program is going.

Currently, the Graduate Education Council is the governance committee; however, the union said they want to go through the curriculum committee instead, Carlin said.

"The SGA has the ability to send recommendations to standing governance committees. This will be one of the first times I have heard the SGA doing this," Carlin said.

Cubetus and Carlin handed out ten fast facts sheets about the program to senators and said they would like to get the students' opinions in order to then vote on recommendations for the governance committees.

Lastly, Brandan Trafford, vice president of finance, proposed the first finance proposal of the year.

The Communication Club requested $200 to help cover filmmaker Karan Bali's honoraria fee to host a Q&A session after a screening of his latest Indian language film.

The event costs a total of $400 and the Ethnic and Gender Studies Department will cover half the cost and co-sponsor the event.

The motioned to allocate $200 passed. The SGA has $9,800 left to allocate for clubs for the rest of the school year.

The next meeting of the Student Government Association will be Nov. 3 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

RESIDENCE HALL ASSOCIATION

RHA announces winner of hall incentive program

Gina Muller
Layout and Design Editor

On Thursday, Oct. 22, the RHA announced the winner of the monthly hall incentive program at the RHA general board meeting.

Lauren Grams, vice president, announced that Lammers Hall was the winner and gave Jacob Goyette, vice president of Lammers hall, a certificate.

Representatives from each residence hall came to the meeting with questions regarding residential living for next year and hall charges.

Elise Cluster, Special Projects Manager for Communications of Residential Life, attended the meeting and discussed the issues brought up by the hall representatives with the general board.

The date for the "Halloweentown" movie event was changed from Thursday, Oct. 29 to Tuesday, Oct. 27 so RHA could collaborate with Orientation Leaders.

Elise Cluster, a memebr of the Residential Life staff talks with the RHA general and answer questions about topics relating to each residence hall. From left to right, Elise Cluster, special projects manager for communications of Residential Life, Emily Butynski, ncc, Amy Macdonald, progamming chair, Gina Muller, secretary, Lauren Grams, vice president and Brendan McKee President.

The event took place in the multi-purpose room in University Hall.

The event was to promote alcohol consumption awareness. Popcorn and drinks were served, and the object of the event was to drink non-alcoholic beverages throughout the movie.

The amount of drinks consumed by the end of the film was then calculated and converted into what each participant's blood-alcohol content would have been if the beverages contained alcohol.

At the end of the meeting, representatives from each residence hall gave an update on important information regarding each hall.

New Hall – The pumpkin carving event was a success. 50 pumpkins were bought and over 60 residents attended the event. Hot chocolate and candy were also served at the event. The vice president and treasurer said that their hard work paid off. There is also a new pool table that will now be available in the lobby.

Courtney Hall– There was a "Meet the Courtney Hall Council" barbeque event. RA's from other buildings, as well as professors, attended the event. It took place in the courtyard outside of Courtney Hall. The event was crowded but had a great turnout. Residents asked questions and expressed their concerns about how the hall is

see **MULLER** on page 7

P.A. Program to be discussed at Graduate Education Council

Jon Cubetus
Voice Contributor

Next week the discussion on the proposed Physician Assistant Program will be continued at the Graduate Education Council.

The tabled "P.A." program will be on the agenda for the next GEC meeting as the meeting was met with resistance from the faculty union and questions arose regarding resource allocation.

The Physician Assistant Program, if passed, would be the first program offered by a public university in New England.

The cost is estimated to be $73,000 per student, which averages $20,000 less then competitive schools.

The program is presented as a solution to the community healthcare problem.

A statistic presented at the meeting claimed that Western Massachusetts has one of the worst healthcare systems in the state.

The program is designed to both fulfill the current needs of students and improve healthcare across the state.

Dr. Holly Noun, Dr. Jennifer Hixon, and Vice President of Academic Affairs Marsha Marotta have developed the proposed program over the past two years.

In collaboration with Administration and Finance, the innovators of this program have dually considered potential resource obstacles.

With this in mind, the working group estimates that in order to begin the program, it will cost $500,000 from the Division of Graduate and Continuing Education's budget.

After only three years, the program will generate an annual $2 million—$400,000 of which will come back to the University in unrestricted funds. This profit can go to any improvements on campus.

A multitude of new courses were also proposed at the Graduate Education Council meeting to supplement the new Physician Assistant program.

To fulfill the master's requirements, a 24-month intense course load will occupy the time of its degree-seekers.

The curriculum includes three semesters of coursework and one semester of clerkships.

The courses will include Psychiatry, Surgery, Endocrinology, and others.

Even at the graduate level, students will be exposed to both academics and the practice.

On Sept. 9, 2015, the Curriculum Committee received an "Intent to Establish a Department" form from Vice President Marotta.

The Committee met

see **CUBETUS** on page 7

International students find their way at WSU

Cong Shuang
Voice Contributor

Eighteen international students are studying at Westfield State University this semester through the study abroad program offered by the international office.

This program is open to students from most parts of the world. Compared to last semester, eighteen is twice the number of international students here.

"We welcome students from everywhere. We appreciate the diversity they brought us," said Cynthia Siegler, the director of the international office.

"Also, they came all the way here and study here to show our local students it is possible to do that: to study at another country, getting an experience," Siegler said.

The eighteen international students include seven from China, five from Germany, three from Ireland, two Sweden, and one from Canada.

The students said that they enjoy their life here. Some local Westfield students said the international students' coming enriched campus culture, making campus life more colorful.

"It is really fun to see fresh faces from different parts of the world, from different cultural backgrounds," said Rebecca Rickson, a junior communication major.

Sarah Goldman, a German exchange student majoring in economies, said she could get more involved in campus life.

"In Germany, we don't have dorms. We go to the academic buildings to have classes. After classes we go back home. It is a pity that we don't have on-campus college life," Goldman said.

"But here, we live in the Scanlon Hall with American roommates. We take part in different on-campus activities together, through which we get closer. That is really nice," Goldman said.

Goldman said she had more of a chance to get good grades at Westfield State University.

"Here I have less classes than I have in Germany. Each attendance, each homework and test are counted into final grade," Goldman said.

"That is better because in Germany we only have one final test. If you fail this final test, all term's efforts will be gone." Goldman said.

Wu Xili, a Chinese student majoring business and management, said she became more independent than she imagined.

"This is first time for me to study in another totally different country that is far away from home," Xili said.

"When I was at home, my parents helped me arrange with everything," Xili said. "But here, I have to deal with everything by myself. I suddenly grow up and become more mature." Xili said.

When talking about difference of educational systems between China and the US, she said she preferred education here.

"We all know that in China, after years of stressful academic life in secondary school, students suddenly free themselves when they enter college. But here, on the contrary, college is more busy than high school," Xili said.

"I have to do lots of reading, writing, and take notes in order to better involve in class discussion. Though it is not easy, I can really learn something," Xili said.

"Besides studying, I also get insight into western culture, making many friends and open my horizon. These are really valuable," she said.

These international students are getting an experience that will make them more open-minded and competitive in the future, they said.

Anata Konsur, a polish exchange student in last semester, now is a teacher in her country.

"My studying experience in the US makes my resume outstanding. I have more of a chance to be hired. In America, I improved my English and made many friends from all over the world. I really miss those times," she said.

Now around eighty local American students at Westfield State University study abroad through programs offered by the international office.

Professor Quandt is not limited to teaching

Elizabeth LaBruna
Voice Contributor

Professor Susan Quandt of the English Department began her eighth year teaching at Westfield State University this semester and plans to stay as long as good health and good students stay with her.

Professor Quandt has been a member of the university community for over 25 years, and she has been teaching in the English Department since 2008.

"She isn't the type to intimidate students, causing them to be scared to ask questions and go to her for help or clarification on the material we are learning," said Mollie Condon, a student in her American Literature before 1865 course.

The general consensus from students is that she is very understanding and approachable. Although she is soft-spoken, she knows how to manage a class and "mixes it up and does group work to move the class along," Condon said.

"She has deep respect and concern for her students and is a very dedicated teacher," said Emily B. Todd, Chair and Professor in the Department of English.

According to the Westfield State English Department webpage, Professor Quandt got her Ed.D. in Teacher Education and School Improvement at UMass Amherst, her M.Ed. in Technology for Education at Westfield State College, and her B.A. in English at UMass Boston.

The classes she has taught include English Composition I and II, Intro to American Literature, American Literature before and after 1865, Seniors Honors Project, Current Issues in English Education, Student Teacher Supervision: post-baccalaureate and graduate English student teachers.

Before teaching here, she taught Composition for UMass Boston and Education classes at UMass Amherst as she finished her doctoral program.

"Westfield has the economy scale I find just right," Quandt said. "We're big enough to have interesting programs and excellent students, but small enough that we can all get to know one another."

Other than being a professor here, she is a book review editor at the Historical Journal of Massachusetts, which is a peer-reviewed journal published twice a year by the History Department at Westfield State University.

"As the book review editor, I read reviews of new books and often correspond with reviewers, checking details to make sure their review reflects their opinions of the book accurately," Quandt said.

The journal publishes articles by well-known historians along with cutting-edge research by graduate students, middle and high school teachers, amateur history enthusiasts, and countless local historians.

"Working with the journal, I get to read some wonderful work and learn more each issue about current research in Massachusetts history," Quandt said.

Quandt was also the Director of The Continuing Education Advising for 3 years at Westfield State University.

Global Conversations: Studying in Florence

Haley Batchelder
Voice Columnist

"To anyone considering studying abroad, I would say do it. Just do it," said senior Taylor Cordeiro.

Cordeiro, an Elementary Education and Liberal Studies double major with a concentration in Psychology, studied abroad this past summer at the Florence University of the Arts (FUA) in Florence, Italy.

FUA is one of the most popular study abroad locations for Westfield State students and is sponsored through the Direct Enrollment Program.

As one of many WSU students who have traveled to Italy through the school, Cordeiro shared some of the highlights of her experience.

The course she took while in Italy was called Cultural Introduction to Italy. Arriving one week before summer sessions started, she and 65 other students traveled from Rome to Florence with three professors from the University.

"We stopped at everything from vineyards to renaissance mansions," Cordeiro said. It was a week filled with touring and sightseeing.

Upon deciding to continue this course whilst arriving at FUA, Cordeiro spent the rest of her time immersing herself in the Italian culture with her fellow classmates.

The course included a field trip to multiple food factories where students had the opportunity to taste and study Italian food. The trip also included tickets to an Italian fashion show and countless other opportunities to learn about the Italian culture.

Cordeiro made sure to make the most of her experience outside of the classroom as well.

When she wasn't studying, she visited Pisa for a day, attended the Italian MTV music awards in Florence, spent a night in Milan, and took a weekend bus trip to the Amalfi coast.

So what did she learn through this experience?

Cordeiro immediately noted the culture shock. "The culture in Italy is very different from the U.S," she said, "everything from customs to toilets is different."

I was intrigued by even the most obscure differences that she shared with me, including how restaurants don't cut up their pizza but serve it whole or how water is brought to the table in a bottle, as you are unable to get tap water even though it is safe to drink. Also, restaurants do not offer to-go boxes since you are expected to finish your food.

As she reflected on her experience, Cordeiro said she feels more cultured but also humbled: being able to see how big the world is and that she is just one small part.

Upon returning to Westfield, she is now more aware of the world around her and encourages anybody who wants to learn more about the world around us to study abroad. "It is a once in a lifetime opportunity," she said.

For any additional information, visit the International Programs Office in the Parenzo Lobby or check out the webpage at www.westfield.ma.edu/academics/study-abroad.

Local artist Laura Radwell displays work at Westfield State

An oil painting by Laura Radwell. Visit the exhibit to see more paintings in color.

From Press Release

Westfield State University will hold an artist reception for painter Laura Radwell on Thursday, October 29 from 4:30- 6:30 p.m. at the Arno Maris Art Gallery. Radwell's exhibit "In Space, Over Time, Paintings + Digital Abstracts" is on display until December 10.

Radwell is a native New Yorker, artist, and designer who has been living in Massachusetts since the 70s. She began to paint in the late 80s, and over the years has continued to explore various media: traditional oil painting, sculpture, calligraphy, and photography. The origin of her photo-based art is digital, a result of a familiarity and understanding of technology born of years of doing design work. Photographic images that she captures are transformed into abstractions, which suspend habitual patterns of perception and create something imagined out of something real.

Her exhibits have been on display all across the region including the Nash Gallery in Easthampton, the Amherst Town Hall in Amherst, Mass., and the Embler Art Gallery at the JFK International Airport.

Radwell chose to focus on landscapes because she finds inspiration through nature.

"Landscapes alternately inspire us and take our breath away," Radwell said. "When I first began to paint, I was drawn to landscape's convergences of color, form, light, and shape, all given a natural life that welcomes the human view. At that point, I was more of a representational painter, painting, as it were, 'from the outside in.' I was trying to capture, or rather, to acknowledge and celebrate, aesthetic dimensions with which nature presents us."

As she progressed as an artist, Radwell shifted her painting process.

"I have found there is a creative vein and energy unlike any I have experienced before, one that has actually fueled my digital work," Radwell said. "Now I paint landscapes 'from the inside out.' The paintings are more abstract and expressionist, with a life that comes from within. The scenes are imagined, and color and shape are abstracted in ways that suggest more contemporary formal studies while nonetheless retaining the natural, human resonances that landscapes have expressed throughout time."

The Arno Maris Art Gallery is located on the second floor of the Ely Campus Center. Regular hours are Tuesday and Thursday, 11 a.m. – 5 p.m., Wednesday and Friday, 11 a.m. – 2 p.m., and Saturday, 11 a.m. - 3 p.m. The gallery is closed on Sunday. For more information, call the gallery at (413) 572-5236. To learn more about the artist, visit www.lauraradwell.com.

from the voice vault

*This article was published in the **Monday, October 10, 2005** issue of* The Voice.

Westfield State hosts bout of the bards

BY DAN WARD
VOICE REPORTER

Ginsberg said of poetry, "It's that time of night, lying in bed, thinking what you really think, making the private world public, that's what the poet does." On Wednesday, September 28th, students from Westfield State, Holyoke Community College, and American International College made their poetry public in a battle of rhyming couplets called the "Poetry Smackdown." The Smackdown amplified the competitive aspect of last year's Poetry Slam series by pitting teams from the three colleges against each other in three rounds of metaphors, similes, and onomatopoetic listicuffs. Representing Westfield WSC were Leah Kaplan, Adriana Pompeo, and Jess Greeley.

The event brought a horde of eager spectators, some seated on tables, who looked more ready for a wrestling match of the intellect than a night of sonnet recitation. The poets certainly did their parts to meet the expectations of the audience. After a brief explanation of the goings on of a poetry slam by Prof. Michael Elias, the evening began with Prof. George Layng taking lead as emcee. The judges, Lori Desmoiers, Sou MacMillan, and Stefanie Weber, all professional slam poets, were introduced and Keith Woodman, a WSC Poetry Slam veteran, offered the night's sacrificial poem. In slams, the sacrificial poem is presented as an example of a worthy piece. Woodman's poem, titled "Why I Dream of Water" explored the possibilities of life under sea level. A crowd-pleaser at last year's slams, he pronounced, "The weak walk on land when they could be mighty in water." His aquatic composition garnered scores of 7.0, 7.8, and 7.0 from the judges. And thus, the slam began.

Leah Kaplan rendered her first poem, an ode to coffee addiction with exclamations such as, "Starbucks is my pimp!" Heather Crawford, of HCC, followed with a tale of the errant of falling in love. Suddenly, to the wonderment of the spectators, a spirited Margaret Nicolai of AIC grabbed the mic to showcase her rather boisterous free verse.

Photo by Cliff Ashbrook

WSC poet, Jess Greeley, performs at the Poetry Smackdown last Wednesday, Sept. 28th.

Whether the setting is the freestyle battle of CAB's Coffee House or the more traditional open-mic night at Jester's Cafe, ultimately a showstopper must arise. In this case, the crowd was offered AIC's Domingo J. Parrott. Parrott let loose a hypnotizing flow of stanzas in a form familiar to fans of Def Poetry, but which others may be apt only to compare to hip-hop. His whirlwind of words told of the shadows of society and as a pause ushered in a round of applause the poet declared, "I'm not done!"

Next up, Adriana Pompeo of WSC tugged at the heartstrings with a sincere soliloquy dedicated to the memory of a track coach. Laura Marcus of HCC followed with a poem about Capitalism, post-9/11 conflicts, and a need for leaders to "communicate the reasons for their hate." The last WSC poet was Jess Greeley, whose skillful styles graced last year's slams. She offered an observation, "The future is only for those who can afford it." And stated, "They all die in the end, they have to." The line of the night goes to Greeley's "Wait I'm not dead, I'm waiting for a cure-Disney." The first round came to a very exasperated end with HCC's Nick Chavez.

By the second round, the stirring of the crowd had begun. The poets competed not only against each other, but also against the sounds of Jazzman's smoothies blending away. Highlights include Parrott's line, nearly identical to lyrics from the musical Hair, "I believe in G-O-D, and I believe in me," and Pompe's declaration, "I don't need a God to make me strong!" Marcus offered some "tasteful erotica" which finally woke up the audience with Steve Maher's calling out of a judge. As he put it, "Judge 1 sucks!" Greeley provided the night's first self-aware poem inspired by an episode of "Mr. Bean."

The third and final round began with a poem of the misconceptions of wealth from Kaplan, and saw elevated audience involvement (key to any successful poetry slam) after Nicolai virtually screamed the words "Bull Sh*t!" more than 11 times into the microphone. In response to the judge's scores, Keith Woodman let out his own "Bull Sh*t!"

Finally, the night saw possibly its best poem with Parrott's tale of vengeance and regret in which he asserts, "Anger is a cloud of smoke that's easy to exhale."

After another long-winded poem from Chavez, Greeley offered a favorite from the slam series with her countdown of the aspects of a murder trial. She exclaims, "The higher you hang, the more you learn." If based on individual scores, Greeley would have taken the slam. But alas, after Prof. Glenn Brewster tallied the scores together, WSC would not prove victorious. Top honors went to the team from Holyoke Community College with over 228 total points, American International College taking a close second. Judging from the performance of WSC's poets, I'd say we have a sporting chance in a rematch.

*This article was published in the **Monday, October 28, 2002** issue of* The Campus Voice.

Speaker uses his life as an example for students

BY JEFF MANTER
VOICE REPORTER

On October 21, 2002 at 7:30PM, a speaker by the name of Daniel Duvall came to Dever Auditorium at Westfield State College to give students a speech on alcohol awareness.

Using his life as an example to get across just how much drugs and alcohol can affect one's life. Turn them into something they do not want to be.

The Campus Voice was able to sit down with Mr. Duvall, for a brief interview before his lecture to the students. When asked exactly what he was going to say to the students of Westfield, Mr. Duvall gave a very personal story.

Duvall grew up as an All-American football and basketball player in high school. He received a football scholarship from St. Marys of Halifax in Nova Scotia. Where as Mr. Duvall said "I basically went up there to drink, play football and chase co-eds around, would've done real well if those were the classes."

One night at school Duvall was so drunk at a party, that he threw a nineteen inch television out of an eighteen story high rise and injured a girl on the ground by a foot and a half. The college was furious, cracked down on Duvall and kicked him out of college.

Duvall then went to live back at home and bounced around from odd-job to odd-job. He eventually got a job at a car wash. It was at this car wash where Duvall began to experiment with different forms of mind-bending drugs and got him self hooked on cocaine.

Soon after, Duvall was arrested for D.U.I and lost his license for three years, he was arrested again on another D.U.I. charge and ended up spending a night in jail. Duvall, then took even lower, deciding to throw a large party at his house, and ending up trashing his parents' home. They kicked him out of the house shortly after, and Duvall ended up on the streets.

"I then reached absolute rock bottom when my sister's son, my nephew, lost a child from sudden infant death, the baby basically rolled over and suffocated himself. A nine-year-old baby boy and I went to the funeral drunk and stoned. I had lost the ability to love, which I knew was my bottom. I tried to kill myself, and ended up with a concussion. I then had a choice either live back out on the streets or go to a detoxification center called Doctors Hospital in Worcester, MA," said Duvall.

Duvall then stayed at this hospital for 30 days, until he was released clean and sober on May 2, 1984. He has remained so since. He now coaches football and basketball and gives motivational speeches to students up and down the East Coast. At such colleges as MIT, Hofstra, UNH, and Boston College, just to name a few. He has also gotten married to as he puts it "my best friend" on May 2, 1987, three years to the day, of him becoming sober.

The major part of Duvall's speech to the students of Westfield, consisted of the story of his life, while also factoring in other elements. Duvall said, "Remembering how important family is, and how you must cherish them, friends will come and go, but your family will always be there for you." He also brought up what he likes to call the 4 F's. The 4 F's to Duvall is what he believes he lost touch with when he reached rock bottom, and that is family, friends, freedom (when he went to jail) and feelings.

Photo by Colleen Brewster

Dan Duvall gave a speech in Dever Auditorium on Monday, October 21.

When asked exactly why he got into giving alcohol awareness talks Duvall said, "I remember seeing a man by the name of Jimmy Powers speak in 1998. He had killed his five year-old son in a DUI accident and his sharing of that, inspired me to also reach out to people about this overwhelming illness myself."

Duvall also said, "My main goal here is to get the point across that this could happen to anyone, kids might like to think they are invincible, but they are not, anyone can be overcome by this awful disease of alcoholism."

From MULLER page 3

running and how charges were being distributed.

Lammers Hall– There was a Patriots pizza party event that was successful. Residents ate pizza while watching the football game. The hall is doing well and there were no immediate issues discussed.

Scanlon Hall – Currently the hall wants to obtain donations for a holiday-themed event and is working on putting the event together.

Dickinson Hall – The game night social event was successful; however, the hall was placed on quiet hours for 72 hours. The charges for the hall will be distributed by floor and by gender.

Davis Hall – The next planned event is scheduled for Nov. 23. It will be a Thanksgiving-themed event. There was a complaint of an ISO who had been telling residents sitting in lounges late at night to return to their rooms. The situation will be looked into.

University Hall- There will be an event on Oct. 29 in the lobby at 7 p.m. The prize will be $25 in Owl Bucks. The hall obtained new pots and pans and a new vacuum. The problem with the elevator was discussed; last week a student was on the University Hall elevator and was hit with a piece of the elevator that fell from the ceiling of the elevator. The matter will be looked in to. Also, as of Oct. 22, University Hall has no hall charges.

From CUBETUS page 3

this past Tuesday to discuss the proposal, which would include the new Health Sciences degree.

Ultimately, this new department will house the Health Sciences program, the post-baccalaureate program in Health Sciences, and the famed Master of Science in Physician Assistant Studies program.

Vice President Marotta attended the meeting to field questions, and a brief discussion occurred; however, the committee unanimously decided to table the proposal until Oct. 15.

Over 300 students are currently conglomerating an undergraduate curriculum to prepare themselves for the healthcare field, including medical school.

Formalizing the process by establishing a Health Sciences degree will legitimize students' efforts and increase candidate marketability.

Synthesizing the communication skills of a liberal arts degree and the experience of a professional degree, graduates of the Physician Assistant program will be well equipped to solve existing and emerging healthcare problems.

The mission statement of the proposed department conveys a powerful message of the rigor and dedication needed to pursue one of these degrees.

If approved by all governance committees, the new department will "utilize interprofessional pedagogical approaches to problem solving via multidisciplinary faculty and community collaborations."

As stated in the mission statement, the department is rooted in community problem-solving.

Although the MSCA faculty has filed a grievance against the PA program, it will not hinder its progress through governance. The faculty has claimed that it is the process that is incorrect, not the program itself.

(As of press time the actual grievance was not made available to the Westfield Voice.)

From CARLIN page 1

was prepared since his initial interview.

"We don't want a trainee...we want someone trained," Queenin said.

Entirely positive remarks of Dr. Torrechilha further developed among the trustees' discussion.

Trustee Martin talked about his "integrity" and "confidence to work with members of the community" and Trustee Connolly spoke of his "inspirational story" and "approachability" for students.

Other trustees commended his "passion for student success" and "external and internal enthusiasm."

In the middle of the discussion, the search consultant was phoned in to answer potential questions regarding the search process.

There was a motion by Steve Markus to recommend Dr. Ramon S. Torrechilha as the 20th President of Westfield State University. It was seconded by Trustee Perez and unanimously approved by the board.

Trustee Perez made further comment regarding the professionalism throughout the process and indicated that is was a pleasure working with both the search firm and consultant.

Trustee Linda Slakey was present during the meeting via Skype, making the meeting fully attended by every trustee.

Want to see more stuff from the voice vault?

Contact **Andrew Burke**, editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GERNERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-OUI	"	"	"	"	"	"	"
-Liquor Law Violation	15-520	10/25/2015	10/25/2015	0155	Scanlon Hall	On	Ref. to Student Conduct
- Destruction of Property	15-522	10/25/2015	10/23/2015	1700-2200	South Lot	On	Ref. to Student Conduct
- Breaking and Entering	15-525	10/26/2015	10/26/2015	0850-0915	Davis Hall	On	Investigated
-Larceny	"	"	"	"	"	"	"
-Trespassing	"	"	"	"	"	"	"
-Rape	15-526	10/26/2015	10/26/2015	0200	Residence Hall	On	Investigated/ Suspect Known
-Drug Law Violation	15-47-FI	10/27/2015	10/27/2015	1633	Lammers Hall	On	Ref. to Student Conduct

opinions & editorials

FRIDAY, OCTOBER 30, 2015 RACE RUGH, EDITOR

Campus reacts positively to new Torrecilha

Matthew Carlin
Managing Editor

As many of you already know, the University has announced that the Board of Trustees recommended Dr. Ramon Torrecilha as the sole finalist in our presidential search.

Dr. Torrecilha has been a professor of sociology, a former provost, a vice president of Academic Affairs, and is an experienced administrator.

Dr. Torrecilha has worked at such universities as California State University during his career. If the Board of Head Education approved him, Dr. Torrecilha would be the 20th president and the first Latino to serve as president in the University's history.

Going to the presidential forums were truly eye opening for me, and I am confident in Ramon's ability to lead us as president.

Elizabeth Scheibel provided the following history: Dr. Torrecilha is a lifelong educator who has worked across divisions and departments to build successful programs to support student success.

He is currently a professor of sociology at California State University, Dominguez Hills. Previously, he served as Provost and Vice President for Academic Affairs at the university, where he designed and implemented a cohort-based, first-year initiative to increase student retention and graduation rates.

As Provost, he invested in student research and supported more than 200 undergraduate research projects.

He provided leadership and support to secure more than $16 million in grants and contracts and $600,000 to support faculty research and creative activity.

Dr. Torrecilha also served as Executive Vice President of Mills College where he served as acting president on two separate occasions.

His many accomplishments at Mills include the design, implementation, and successful achievement of a capital campaign that raised more than $130 million on behalf of women's education.

Dr. Torrecilha also led a successful campus reaccreditation process resulting in an eight-year renewal from the Western Association of Schools and Colleges and increased the alumnae participation rate by 10 percent.

Dr. Torrecilha earned his bachelor's and master's degrees in sociology from Portland State University and his Ph.D. in sociology from the University of Wisconsin, Madison.

Dr. Torrecilha will interview with the Board of Higher Education on Tuesday, Dec. 1 at the office of the Massachusetts Department of Higher Education.

As the interview will not be live-streamed, those wishing to attend must travel to the Massachusetts Department of Higher Education at 1 Ashburton Place, Room 1401 in Boston.

The following are reactions from campus community members on the recommendations:

"I am delighted with the process and the result," said Dr. Ted Welsh, associate professor and past chair of the All University Committee. Dr. Walsh said he would look forward to welcoming Dr. Torrecilha to campus.

"In him we have a strong leader who will work collaboratively to help us make Westfield State even greater," Walsh said.

"The board and search committee did a tremendous job," said Richard Sutter, assistant director of athletics and President of the APA union, "the 11-0 vote made all the difference in the world [for the recommendation]."

"I believe he is an outstanding candidate who will, in turn, turn into a great president," Sutter said.

"I like Ramon; the story he told of being a migrant worker becoming president of a university really touched facility staff," said Angelo Mazza, a Facilities and AFSCME representative.

"He is a guy who knows what hard work is, and it really related to employees; it was a story of going from square one all the way to the end," Mazza said.

"I am very excited about Ramon, upon having breakfast with him, and hearing his idea I am confident in his abilities to lead the university," said Haley Batchelder, vice president of programming and president of CAB.

"As a member of the presidential search committee, I am very pleased with the Board of Trustee's recommendation to select Dr. Ramon Torrecilha as our university's 20th president," said Evelyn J. Dina, president of the student government association.

"I am confident that Dr. Torrecilha will lead with great integrity and embody the spirit of Westfield State," Dina said, "The student forums for Dr. Torrecilha produced great feedback and support for his candidacy."

"I am pleased and eager to welcome the first Latino president to serve at this university!" Dina said.

I for one am grateful the search has finally ended, though I am saddened about the fact that our beloved Interim President Liz Preston will be transitioning from her current position to wherever she decides to go.

I personally want to thank Dr. Preston for all of her work on campus and for not only keeping our university afloat during our darkest times but also for guiding us past them.

Dr. Ramon is a great candidate and will make a great president; however, I will miss "Liz" and I wish her the best.

Reclaiming our democracy with the American public

In January 2015, David Koch (above) and his political organization set their spending budget for the 2016 presidential race at $889 million. Major corporations and donors make democracy difficult for the public.

Katherine Parent
Voice Contributor

Thursday, Oct. 15 was an FEC filing deadline when presidential campaigns are required to report their fundraising and disclose their donors.

Even before the experts and pundits pour over the data, it is certain that many of the presidential candidates are overwhelmingly relying on large donors writing big checks that the vast majority of Americans could never afford.

In our current system, candidates are incentivized to spend their time chasing these big checks rather than running a grassroots fundraising effort supported by ordinary Americans giving what they can.

According to the New York Times, in the last quarterly filing deadline in July 2015, candidates received only 33% of their funding from donors giving $200 or less.

Hillary Clinton, Jeb Bush, and Martin O'Malley all raised at least two-thirds of their campaign cash from donors giving the legal maximum of $2,700.

These $2,700 donors are just the tip of the big-money iceberg.

Ever since the Supreme Court's disastrous Citizens United decision, the floodgates have been opened to unlimited electoral spending by corporations and wealthy megadonors.

US PIRG says that in the 2012 election, the top 32 donors to Super PACs—giving an average of $9.9 million each—contributed as much as all 3.7 million small donors to President Obama and Mitt Romney combined, and the problem is only getting worse.

In our current Presidential election cycle, SuperPACs have already spent five times as much as they had spent in the 2012 cycle. Just 400 families are responsible for nearly half the money raised so far in the 2016 presidential race.

Donors who can write million-dollar checks rarely share the priorities of people who can only afford a small contribution.

When candidates spend their time fundraising from these megadonors, the rest of our voices are drowned out. Americans are aware that elections are becoming a playground for billionaires and massive corporations, and it is hard to blame people for losing interest in politics.

Our elections do not have to be run this way. There are powerful solutions available—right now—that would allow us to start reclaiming our democracy.

Long term, we need a constitutional amendment to overturn Citizens United and give Congress the power to regulate spending in our elections.

This is needed to establish political equality and make sure that everyone's voice can be heard in our democratic process. But, there is also a range of more immediate solutions available to us now without an amendment.

The Government By the People Act, a bill with over 150 co-sponsors in the House of Representatives, would encourage more Americans to participate in the process with a tax credit for small donations and match those small contributions with limited public funds. This would allow grassroots candidates relying on small donors to compete with big money candidates.

For qualifying candidates, small contributions would be matched at a six-to-one rate to amplify the voices of ordinary Americans.

A press release from the US House of Representatives says, "This type of program has already proven effective. For example, in New York City's 2013 City Council races, once matching funds were factored in, candidates participating in the program raised more than 60 percent of their funds from small donors. By contrast, candidates who did not participate in the program raised just 19 percent of their funds from small donors."

Even with the rise of SuperPACs, such a system would make candidates who build campaigns off of a groundswell of public engagement and grassroots support compete with candidates who utilize the current big money system.

Our research found that in the previous filing period, candidates such as Ben Carson, Bernie Sanders, Rand Paul, and Hillary Clinton all would have raised more under a hypothetical small donor matching system than they had with their actual campaign and SuperPAC fundraising combined.

Such a system would allow candidates to fundraise and run a campaign by engaging directly with large groups of small donors rather than chasing a small number of massive contributions from wealthy individuals.

This would make small contributions meaningful and increase citizen engagement in campaigns while also making candidates more accountable to a broader part of the population and allowing those without big money ties to mount credible campaigns.

Democracy works best when the public believes they are engaged in the common project of self-governance. It suffers when ordinary citizens doubt their own influence over their elected representatives and the decisions that affect their lives.

Small donor empowerment would be a huge step forward in helping ordinary Americans have their voices heard.

WSU Film Society

Halloween Double Feature
(Open to the WSU community)
HALLOWEEN
&
ROSEMARY'S BABY

Free Film Showing
Friday, October 30
@ 7pm in The Owl's Nest
(the Campus Center)

For more information, please contact Michael Bokuniewicz at <mbokuniewicz0183@westfield.ma.edu>
Or Glen Brewster at <gbrewster@westfield.ma.edu>

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge: printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

arts & entertainment

FRIDAY, OCTOBER 30, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of October 26, 2015

Top 10 Singles

1. The Hills - The Weekend
2. Hotline Bling - Drake
3. What Do You Mean Justin Bieber
4. 679 - Fetty Wap Ft Remy Boyz
5. Stitches - Shawn Mendes
6. Wildest Dreams - Taylow Swift
7. Can't Feel My Face - The Weekend
8. Locked Away - R. City Ft Adam Levine
9. Watch Me -Silento
10. Good for You - Selena Gomez - Ft A$AP Rocky

Top 5 Albums

1. Revival - Selena Gomez
2. The Documentary - The Game
3. Beauty Behind The Madness
4. Fetty Wap - Fetty Wap
5. What A Time To Be Alive - Drake & Future

Top 5 Movies

1. The Martian
2. Goosebumps
3. Bridge of Spies
4. The Last
5. Hotel Transylvania 2

Upcoming DVDs

1. Inside Out
3. Vacation
4. Before We Go
5. Best of Enemies

'Cherry Bomb' is a progressive rap project

Kevin Griffin
Voice Reporter

This week I decided to take a look at one of the more progressive rap albums of the year.

"Cherry Bomb" is the 4th full-length album by LA-based rapper Tyler, the Creator.

The album is one of the more experimental albums by Tyler and really helps show his progression and changing aspirations from his earlier works.

Tyler, the Creator originally started in his Los Angeles-based hip-hop collective "Odd Future" that formed in 2007.

The group was known for their wild antics and their anti-rules mentality. They began gaining recognition in 2010, and soon had a cultish following.

Tyler was essentially the leader and front man of "Odd Future."

The alternative hip-hop collective released a lot of amazing music that helped artists like Earl Sweatshirt and Frank Ocean burst into stardom.

While OF was gaining recognition, Tyler began releasing his own music. Because of his popularity in the collective, he instantly found success in his own solo work.

His earlier albums, including "Goblin," really had a major "Odd Future" and anti-establishment influence to it.

In 2012, Tyler released his album "Wolf," telling the story of one of his personas going to a summer camp. This album hit on a lot of artistic levels and instantly became one of my favorite hip-hop albums of all time. The clean beats, music progressions, and comedic aspects helped me gain respect for the artist on a whole new level.

I was extremely excited to find out that Tyler was releasing Cherry Bomb in April of 2015.

It had been over two years without any new music, and I was skeptical about whether he would be returning to rap. Tyler has made it clear that he wants to start moving away from rap music, which gave the album a lot of anticipation.

You can immediately hear a difference in Tyler's music from the first track entitled "Deathcamp."

It is heavily distorted and unlike any other hip hop track I've heard before.

The following tracks give extremely odd-sounding instrumentals with harsh and straightforward lyrics.

He then tones it down in "Find Your Wings," where he tries to inspire his fans to be themselves. One of the more notable tracks on the album is "Smuckers," which features Kanye West and Lil Wayne.

Also, Pharrell Williams features on the track "Keep Da O's."

My favorite track on the album is "Okaga, CA" where you can hear Tyler experiment with singing and rapping on one track. There is also a lot of experimentation with different sounds and instrumentation on this track.

I personally loved the album. I have always been a huge fan of Tyler and was happy to see him progress in the direction that he wants to go.

I would warn anyone that this album is completely different from the rest of Tyler's work, so don't go in expecting to hear a lot of old "Odd Future" music; this album really shows Tyler the Creator's progression and how he shouldn't be limited to just rapping.

KNOWING TO COOK

Knowing to Cook: Trattoria Mario – The Treasure of Florence

Ryan Cashman
Voice Columnist

For being such a small country, roughly the same size as California, Italy has and continues to have tremendous influence in the world. In the last years of ancient times and the beginning of the Common Era, the civilized world was governed out of the Forum in Rome. The Renaissance was born and blossomed in Florence during the fifteenth century and was exported therein. Today, while their political and artistic stronghold over the world has waned, Italy is still the dominating force in one area: food.

I have been hesitant to write about Italy, mainly because there are a multitude of other food meccas in the world worth mentioning. Still, I feel I would be doing a great disservice not only to Italy but also to my beloved Florence if I did not tell you all of the Florentine treasure that is Trattoria Mario.

Located in the heart of Florence's San Lorenzo neighborhood, Mario's has been serving regional dishes for the last 63 years and has no intention of stopping.

There is nothing at all flashy or pompous about this trattoria. The atmosphere is simple, decorated only with small tables and stools, and the service is straightforward.

From outward appearances, Mario's does not look like the sort of place where you would be likely to find some of the best tasting food in Italy, and you would be right to think so. You see, Trattoria Mario does not serve the best tasting food in Italy; it serves the best tasting food in the world.

I know this a bold and presumptuous statement, seeing as I am completely biased and have yet to travel and taste the other three corners of the Earth, but I must tell you that I have tasted no food that has been so consistently magnificent in my entire life. And everyone who has ever gone to Mario's would agree with me.

Trattorias are the heart and soul of Italian food culture. By definition, they are the eateries that serve the traditional Italian fare, and trattorias differ from region to region. For example, a Tuscan trattoria, such as Mario's, will serve you "bistecca a la Fiorentina" and "ribolitta" (both of which I will explain and define momentarily), whereas a trattoria in Naples is likely to serve you Neapolitan fare like "spaghetti alle vongole" (spaghetti with clams) or pizza.

No two regions in Italy are the same, and Italians will go to great lengths to let you know that. If you think state pride in the U.S. is intense, try telling a Sicilian and a Calabrian that there is no difference between the wines produced in their respective regions. You'd be deported for life—or killed.

The Tuscans are a little less sensitive about their region being compared to others because they know they're the best. I'm not kidding; I heard that out of a Florentine's mouth.

Tuscany is known for its rolling countryside and hills lined with Chianti grape vines. The picturesque Tuscan scene is of a winding dirt road, lined with cypress trees, leading up to a villa on a hill overlooking the sunset to the west. Sunsets in Tuscany are beautiful. The sky becomes ablaze with striking hits of oranges, pinks, and yellows and the light turns the red tiles on the rooves into a warm burgundy.

PHOTO FROM RICONO DEL MONDO

If you're ever in Florence, I recommend making the trek up to Piazzale Michelangelo to watch the sunset over the city. It will be crowded, but the view will be worth both the hike and the crowd.

Back to Mario's. The owners of Mario's have been on the forefront of the Slow Food Movement since before its inception as a political movement in the late 80's.

The philosophy of Slow Food, which is basically the philosophy of all Italian food culture, can be simplified as thus: fresh food, not fast food. I'm sure that definition comes as no shock to any of you.

Mario's prides itself of serving its customers only the best food prepared with the best ingredients, and the results speak for themselves. All of the ingredients are bought in the morning at Mercato Centrale, which is a stone's throw away from Mario's front door, and everything is prepped before the doors open.

Open from noon to 3:30 Monday through Saturday, Mario's serves only lunch, and once you manage to get inside and sit it becomes very clear why the eatery only needs three and a half hours of operating time. The small trattoria is jam packed with tourists and locals, all of whom are eagerly waiting for their food.

The menu at Mario's is nothing more than a sheet of brown paper with the dishes of the day scribbled down in pencil. Ribolitta, Mario's staple, is a brilliantly flavorful Tuscan vegetable soup that takes an entire day to prepare properly. It is a thick soup; stale bread is added to create porridge-like consistency, and the flavors of the beans, potatoes, Swiss chard, zucchini, and onion all cling to the bread like a child clinging to a parent. The result is the best tasting soup I've ever eaten.

Mario's other staple is bistecca a la Fiorentina, which is very simple. It is a large steak cooked one way and one way only: rare. Vegetarians be warned.

If my extensive love letter to this restaurant hasn't convinced you of its amazingness, catch the next flight to Florence and taste for yourself. And unless you're a soulless creature with no taste, I guarantee you will love what you find.

As always: Buona Tavola é Mangiare Bene!

Horoscopes

Aries (March 21 - April 19): The craziest aspect of crazy people is that they don't know that they're crazy. Just putting that out there...

Taurus (April 20 – May 20): I know that you are feeling unappreciated at work, but you and I know both know that you are not qualified for this job—or any job for that matter.

Gemini (May 21 – June 20): You have a gaping void in your life, Gemini. The stars suggest taking up Alaskan ice fishing to fill the time.

Cancer (June 23- July22): That person who's had their eye on you is not a blessing in disguise; they're an undercover detective in disguise.

Leo (July 23- August 23): I know you are going through a slight rough patch in your relationship, but it is about to get much, much, much worse.

Virgo (August 24- September 22): The stars are shining brightly for you this week, Virgo! A bright star is a very bad omen.

Libra (September 23- October 22): It takes two to tango; stop showing up to your tango lessons alone.

Scorpio (October 23- November 21): Your new love interest may seem exciting right now, but keep in mind that your potential suitor is a Taurus.

Sagittarius (November 22- December 21): Excuse my French, but vous trouverez un cafard dans votre salade cette semaine.

Capricorn (December 22- January 19): The look on your face will be priceless when your cosmetologist accidentally waxes off your entire eyebrow.

Aquarius (January 20- February 18): The nausea you feel when contemplating that big decision is caused by that gray chicken you ate. Go take a Tums.

Pisces (February 19- March 20): The stars don't seem to have much to say this week, Pisces. Spice up your life a bit and maybe they will take some interest in you.

gail's guidance

Dearest Gail,

I know my friend is going through some rough patches in her life, but when I try to talk about it, she gets all guarded. How can I help her without overstepping my boundaries?

Sincerely,
Concerned Friend

Dear Concerned,

This is a sticky situation.

Though you may feel guilty for not immediately being able to help your friend, these things can't be forced. Donald Trump once said, "My style of doing things is very simple. I just push, push, and push again..."

Now, if you're a human being, you want to do everything in your power to be the opposite of Donald Trump. I've had thousands of experiences like this with all kinds of friends—I'm very popular, you see.

What I've found is that when they're ready to talk, they'll probably unleash a myriad of feelings onto you all at once.

You don't need to respond with Dumbledore-esque wisdom and an immediate action plan; just listen to them with an open mind and an open set of arms.

If you're really concerned for their well-being, you can suggest they take a trip to the counseling center. I know it's been a great resource for many of my friends.

Reassure them that everyone goes through low points in life—even ya girl Gail faced some hard times many decades ago.

Keep on keeping on!
Ya girl Gail

owls athletics

FRIDAY, OCTOBER 30, 2015 MICHAEL BARRY, EDITOR

Football loses big to Bridgewater

Andrew McIntosh
Voice Reporter

This past Saturday, Westfield traveled to Bridgewater where they could not stop the surging Bears' offense.

Overall, Bridgewater's offense piles up 499 yards of total offense, an absurd 356 of those yards came on the ground. Meanwhile, the Owls offense managed a mere 35 rushing yards; while turning the ball over twice.

The turnovers came early for the Owls' and really killed them before they got a chance to grab any momentum. After a Bridgewater touchdown, the first turnover came on a Kyle Dance interception, which the bears turned into a quick 7 points.

Halfway through the first quarter the Bears' led by 14 and never looked back. At the half the score was 28-0.

It didn't stop there as just minutes into the second half, the Bears broke across for another touchdown, making it 35-0.

However, Westfield was able gain some momentum, as they responded to being down 35-0 quickly. Quarterback Erik Washburn threw a 55-yard touchdown pass to senior Colin Smith. The Owls' were finally on the board.

On the ensuing kickoff, Westfield recovered a fumble on the Bears' 20-yard line and Bryan Waruhiu was able to get the ball into the end zone just four plays later. The ball was starting to tip in Westfield's favor.

However Bridgewater had different plans, as they were able to slow down the game, keeping Westfield's offense off the field. This eventually would bleed the Owls' out, scoring on a pair of 1-yard rushes by sophomore running backs Alex Mclaughlin and Malik Garrett.

Westfield were able to break through one more time on a 27 yard pass from Sophomore quarterback Phil Cohen to Colin Smith, but it was too little too late.

Mclaughlin finished the day with 164 rushing yards and 4 touchdowns, next to Senior running back Carlton Williamson, who rushed for 96 yards on 15 carries. Bridgewater's quarterback Danny Higgins completed 12 of his 26 passes for 143 yards and finished with a rushing touchdown.

The Owls' Colin Smith had a career game in the losing effort. He impressed with 5 catches for 113 yards and 2 touchdowns on the day. Sophomore linebacker John Ollari also did well with 15 tackles on the day.

The story of the game was possession time. The Bears held the ball for 20 minutes more than the Owls' on Saturday, which really hurt.

The Bears also converted 6 of their 17 tries on third and were a perfect 5 for 5 on fourth down conversions. The Owls on the other hand were 1 for 9 on third down and failed to convert on fourth down twice.

The Owls slip to 2-5 on the season after the loss and move to 1-4 in the MASCAC conference. Their next game is against Fitchburg State at Alumni Field.

Senior wide receiver, Colin Smith (above), led the Owls on offense this past Saturday with 113 receiving yards and two touchdowns. He has a reception over 20 yards in five of seven games.

Scores of Past Owls Athletics Events	Upcoming Owls Athletics Events
Thursday, October 22nd	*Friday, October 30th*
W Vball vs Wesleyan W 3-0	M Ice Hockey vs WNE 3:30
Friday, October 23rd	M Soccer at Mass. Maritime 2:00 pm
W Vball vs Trinity College (played at Smith) W 3-1	*Saturday, October 31st*
Saturday, October 24th	Field Hockey at Worcester State 2:00 pm
W Vball vs Brigewater State	M/W XC at MASCAC Championships
WVball vs Hamilton College (played at Amherst) L 1-3	W Vball at Mass. Maritime 12:00 pm
W Swimming at Simmons College L 90-194	W Swimming at Smith College Relays 12:15 pm
W Soccer at Bridgewater State W 3-0	Football vs Ftichburg State 1:00 pm
M Soccer vs Bridgewater State L 0-1	W Vball vs Mass. Maritime 6:00 pm
Field Hockey vs Plymouth State L 0-3	*Tuesday, November 3rd*
Football at Bridgewater State L 20-48	M/W Soccer MASCAC Quarterfinals
Tuesday, October 27th	Field Hockey vs LEC Quarterfinals
Field Hockey at Mt. Holyoke College L 3-8	*Wednesday, November 4th*
Wednesday, October 28th	W Vball MASCAC Quarterfinals
M Soccer at WCSU (PPD)	
W Soccer vs Keene St. T 0-0	

Bridgewater move to top spot in MASCAC with win at WSU

Mike Barry
Sports Editor

The Westfield State Men's soccer team suffered a difficult loss to Bridgewater State on senior night. Bridgewater won with a final score of 1-0, and took the top sport in the conference.

The loss drops Westfield's record to 5-9-1 overall, with a 4-2 record in the MASCAC.

Bridgewater is no doubt the top dog in the conference. The win brings their overall record to an impressive 13-2-1 and are undefeated at 6-0 in the conference. Although a win would have been ideal, playing a game this close with a team like Bridgewater is something to be proud of.

Bridgewater scored early and never looked back as Jonathan Pires' header went into the back of the net.

Westfield ended the day with the edge in total shots and shots on net. The Owls' had 16 total shots and nine of them on net. The Owls' had their chances and were unable to capitalize due to Bridgewater's phenomenal play in net.

The ref's were very active in this one, giving out a total of four yellow cards and ejecting a player on each team. Each team played with a ton of passion, which unfortunately got the best of two guys.

Junior Joe Pantuosco (above) has two assists and eight shot in 15 games this season for the Owls.

Regardless of the outcome, this one was about the five seniors who were playing their last game at Alumni field. Pat Collins, Kevin Bengle, Matt Carvalho, Zach Horn and Jack Fisher should all be proud with the careers they had here at Westfield

Matroni stars against Bridgewater State

Junior midfielder, Kate Matroni (above), has recently been named the MASCAC women's soccer player of the week. She netted one and assisted two goals against Bridgewater on Saturday.

Mike Barry
Sports Editor

The Owls' women's soccer team finished their game against Keene State in a scoreless tie. Neither team could put the ball in the net, even with an overtime period to end the game.

There's not doubt that the weather played a role in this one. Alumni field was in a total down poor for the duration of the match.

Keene came out firing, taking multiple shots on net in the opening minutes. Eventually the game settled down, beginning a competitive, back and forth contest.

Both teams had their fair share of scoring chances, but for whatever reason just couldn't finish. Keene out shot the Owls' by a total of 11-8.

Sophomore Taylor Farland was the star for Keene State. She was able to take four shots on net, and was almost able to put the game away for Keene with just three minutes left to play.

Farland had a chance to end the game in the opening minutes of overtime, putting a header just wide of the net. There's no doubt luck was on Westfield's side at multiple points in this one.

With the tie the Owls' record is now 8-6-2. Their final regular season game is against MASCAC rival Mass Maritime.

A win in their final game of the season would give this team great momentum, and better seeding for the conference tournament. They should finish the year off on a positive note.

Basketball world mourns loss of Flip Saunders

Devin Bates
Voice Reporter

The basketball world lost a true lifelong member Sunday, as Minnesota Timberwolves President of Basketball Operations and head coach Flip Saunders lost his battle to Hodgkin's Lymphoma.

Saunders, who first broke into the NBA as a general manager for the Timberwolves in May 1995, began his coaching career just months later into the season. Though the team didn't perform well under Saunders initially, the strong play of a fresh-faced Kevin Garnett gave fans reason to believe again in Minnesota. Saunders delivered on their expectations when he led a scrappy Timberwolves team to a hard-fought playoff berth in the 1996-97 season, his first full season in the league as head coach.

The following year, he led them to a winning-season with a young squad that managed to improve at every turn. Saunders and his team's incline were certainly very methodical and quick; they recorded a franchise-record 50 victories in 1999-2000, while cashing in again for 50 in 2001-2002.

Saunders' first tenure with the Timberwolves culminated in a run to the Conference Finals with strong play from Garnett and company. He was fired the following year after the team began to derail. Saunders had multiple other gigs in the NBA and was always loved by players, reporters, and fans for his candidness and warm personality.

Saunders was in talks with the city of Minneapolis about a "major rebuilding effort" that included the construction of a brand new practice facility, along with renovations at the Target Center. Many players who played under Saunders went on to have great NBA Careers; Kevin Garnett with the Celtics, Kevin Love with the Cavaliers, and John Wall with the Washington Wizards.

Garnett was set to return to the T'Wolves under Saunders for one more season, the coach who taught him how to have a burning internal fire, play with emotion, and become a locker-room leader. Sadly, Saunders' passing cut their final ride together short, and Garnett and his peers now struggle to gather their emotions after his sudden passing. "Forever in my heart", said Garnett on his Facebook, along with a photo of him crouched at Saunders' parking spot, staring at his nametag.

Kevin Love referred to Saunders as a "great basketball mind and even better human being", while Rick Rubio reflects "the guy who believed in me since day one passed away.

He was all smiles and passionate and really loved this game. He gave everything to the Timberwolves and did amazing things for us."

A great NBA coach and a great man, Flip Saunders, dead at age 60.

Bruins must continue rebuilding process this year

Patrice Bergeron (above) has been a lifelong Bruin and has cemented himself as the face of the Boston franchise. He may assume the captaincy after Zdeno Chara who turns 39 in March.

Jack Corsi
Voice Reporter

Are we surprised by the Bruins start? Honestly I can say I'm not. This team has a lot to prove, but let's take a look at 4 guys who have impressed so far.

Every time Jimmy Hayes touches the puck we are reminded he's Dorchester born and bred. But beside that, we have learned that this guy can flat out play. Playing with Ryan Spooner, I feel like Hayes could end up being a 20-25-goal scorer. He has 8 pts so far in just 8 games. I'd say that's alright for a third liner. He needs to get a little bit better on that +/-, but that will come in time.

David Krejci has proved he's worth that big contract so far. 14 points so far this season for the Czech born Center. He's got an even bigger role on this team this season, so the production needs to continue. He stays healthy and we have ourselves a superstar. He is in the top 5 for point scorers this season, so let's pray Krejci stays healthy, and we could even see an Art Ross Trophy in Boston at the end of the season.

Jonas Gustavsson has done a fine job as the backup to Tuukka Rask. Some may even say that he has been better than Rask this season. The signing of Gustavsson was sort of a surprise, but it now looks like it was a great move. So far the back up net-minder is 2-0 on the year with a solid goals against. He could see a lot more time if Rask continues to struggle. He's proved to be a good backup; I really like what he's doing.

Patrice Bergeron continues to do Patrice Bergeron like things. Is that a surprise to any of us? Bergeron is the face of the franchise. I really wish they would make 37 the captain of the team. With Chara's tenure coming to an end soon, Bergeron is the next in line. He's a lifelong Bruin, and he deserves every penny they pay him.

Another big enhancement this year is the power play unit. A unit that well let's just say wasn't very good last year. It has now become one of the top units in all of hockey. With the amount of skill and puck moving we are seeing, this shouldn't be a surprise.

One guy who needs to step up is David Pastrnak. But I'm saying this; Pastrnak's struggles are growing pains. He's still only a teenager, so there will obviously be some early mistakes.

And yes you're reading that right, a teenager. Pastrnak will be good again in a matter of weeks, So those moaning and groaning about him, calm down, it'll all change soon.

Frank Vatrano is lighting up the AHL. So it's only a matter of time before the UMass product is up in the big time. He's destroying everyone with that shot release down in Providence and will work well with Kemppainen and Randell. We could have our own version of the Tampa Triplets with him with those two.

Mets, Royals make Game 1 history

Nic Odell
Voice Reporter

The Mets and Royals played the longest Game 1 in World Series history on Tuesday night.

This edition of the Fall Classic features two unlikely teams: The Kansas City Royals, and the New York Mets. The Royals beat the Blue Jays in six games to win the American League pennant, while the Mets swept the Cubs to win the National League pennant. The Mets haven't won a World Series since 1986, and the Royals haven't won it since 1985. Mets pitcher Jonathan Niese was born on the same exact day the Mets clinched the 1986 World Series title. All this set the stage for Game 1 in Kansas City.

The Royals sent Edinson Volquez to the mound for the opener, while the Mets sent ace Matt Harvey. Royals leadoff hitter Alcides Escobar lead off the World Series with an inside-the-park home run off Harvey to take the early 1-0 lead. It was the first time that an inside-the-park home run was accomplished in the first inning with the leadoff batter since 1903, when Patsy Dougherty did it for the Boston Americans in the very first World Series. It is indeed a rare feat.

Then, FOX was experiencing technical difficulties, which halted the broadcast for one at-bat, which caused some angry fans. FOX later issued an apology, but it was just another storyline to add to the Fall Classic.

The game ended up being tied 3-3 heading into the eighth inning. Runners were in scoring position for the Mets, and Wilmer Flores hit a hard grounder to Eric Hosmer at first that deflected off his glove and went into right field, scoring a run to put the Mets up 4-3. It was a play reminiscent of Bill Buckner in the 1986 Series. The Mets were up 4-3 with the dominant Jeurys Familia looming ahead to close it out. Nothing could go wrong for the Mets at this point, right?

Wrong. With one out in the bottom of the ninth, Familia surrenders a game-tying home run to Alex Gordon. It was now a tie ball game, with the score at 4-4. And just like that, we are going into extras. Familia was two outs away from securing a Mets victory.

It stayed 4-4 until the 14th inning, where Eric Hosmer hit a sacrifice fly to end the game. Total redemption.

And just like that, the Royals take Game 1 of the best-of-7 World Series. It was tied for the longest Game 1 in the history of the World Series inningswise, and the game ended at 1:18am EST.

Game 2 is still in Kansas City, with Johnny Cueto getting the nod for the Royals, and Jacob deGrom going for the Mets. Games 3, 4, and 5 (if necessary) are played in New York, and Games 6 and 7 (if necessary) are back in Kansas City.

Celtics are more than a rebuilding team

Tim Jaroche
Voice Reporter

Hearing that your team is "rebuilding" is not what a fan wants to hear. Often the term rebuilding means that the team has lost talent to free agency, retirement, or injury. At the same time it means they are struggling to piece wins together, and that leaves fans with not a whole lot to cheer for.

Good news, the Celtics are rebuilt. It's not a team that fans may be used to seeing, but it's a team that will compete with anyone. In the offseason the C's picked up two 10 year veterans. David Lee, who's coming off a title with Golden State and Amir Johnson from Toronto. Johnson and Lee are great team guys. They have been around long enough to know how to deal with winning and losing. Both are very versatile and will have no problem keeping up with the high-energy tone that will be set on offense and defense.

Three rookies made their way onto the team, all with the potential to contribute this season. Guard Terry Rozier (Louisville), guard R.J. Hunter (Georgia State), and forward Jordan Mickey (LSU) all saw time during the preseason, and will be eased into their transition from college.

The strength of the Celtics this season appears to be in their depth. They don't have any stars that will play 40 minutes a night. You can expect to see 11 players used each night (injury pending). Before the Brad Stevens era you could expect to see only seven or eight guys a night. To name the last two men on the bench would be difficult, the exception being fan favorite Brian Scalabrine.

This season everyone will be utilized. Having this many guys that can play at the same level as the first team will be an advantage that will wear other teams down throughout the season.

In the Atlantic division this season, the Raptors appear to be a head of the pack. If there's a team that gives them a run for the division, it's the Celtics. Brooklyn, New York, and Philadelphia are all deciding if they want to get better or take their chances with the draft lottery.

As far as the conference goes, the Celtics are in the right one. The western conference is far more talented than the eastern conference. In the east there is LeBron's Cavaliers who will be tough to bring down. The Raptors, Bulls, Hawks, and Wizards will also be tough competition. Come the end of the season, the Celtics could be anywhere between 3rd and 7th place in the east. 3rd place is being pretty optimistic, but if everyone contributes and they keep up a fast pace all season then it is manageable.

Playoffs! Yes, the Celtics were only a small stepping-stone in the Cavaliers run to the playoffs last season.

After acquiring Isiah Thomas for the last quarter of the season, the Celtics were a whole new team. This time around they've had a whole offseason to build chemistry. This year I would expect, depending on seeding, that they will make it to the second round of the playoffs.

Knowing Boston sports however, I will never rule out an unexpected championship run or a 4 game comeback. Regardless, this season will be fun to watch and many teams will not be very excited when the Celtics high energy depth comes to play.

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Games & Leisure

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Halloween

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APPLES
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BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN
COSTUME
DRACULA
FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD
JACK O LAN-
TERN
MASK
MUMMY
NIGHT
PUMPKIN
SCARECROW
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SKULL
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TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
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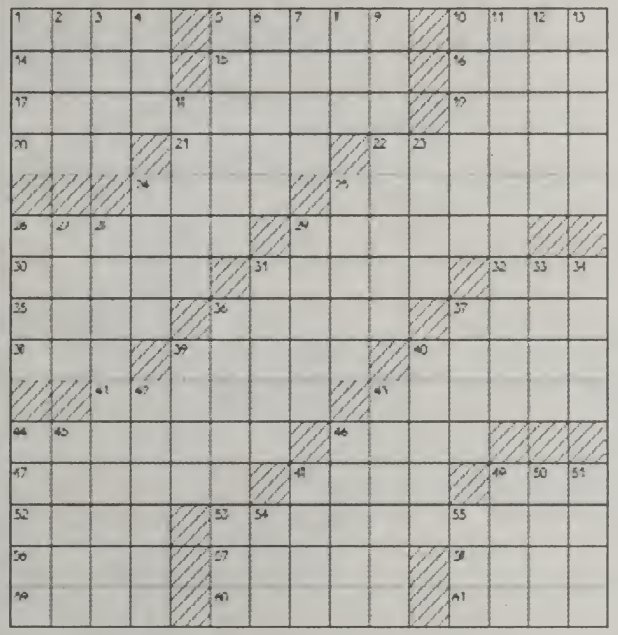

ACROSS

1. Look of lust
5. Robbery
10. A strong current of air
14. Highest point
15. Vagabond
16. Initial wager
17. Make insignificant
19. Smile
20. Shack
21. Pickle flavoring
22. Cherubim
24. A friendly nation
25. Set apart from others
26. Vestiges
29. Not yet used
30. Factions
31. Trap
32. Alien Life Form
35. "Oh, my!"
36. Backbone
37. Double-reed woodwind
38. Representative (abbrev.)
39. Winged
40. Soft fine silk
41. At an opportune time
43. Sell again
44. A breed of dog
46. Penny
47. Short sleep
48. A hemispherical roof
49. Apple or rhubarb
52. Operatic solo
53. A system of musclebuilding exercises
56. Violent disturbance
57. Famous
58. Dwarf buffalo
59. Feudal worker
60. Breezy
61. List of choices

DOWN

1. Strip of wood
2. Beige
3. Radiate
4. Speed up an engine
5. Paths
6. Early rock star Buddy _____
7. Wickedness
8. Tasseled cap
9. Hoarded wealth
10. A flock of geese
11. Indecipherable
12. Piling
13. Anxious
18. Runs in neutral
23. It smells
24. Cards with just one symbol
25. Silly
26. Russian emperor
27. Anger
28. Alteration
29. Oneness
31. A fragment of stone
33. Recline
34. Sense
36. Snoozing
37. Expel
39. Dogfish
40. Article of faith
42. Natural
43. Fix
44. Frighten
45. City in France
46. It displays a tail in the sky
48. Points
49. A coniferous tree
50. Computer symbol
51. Jacob's brother
54. Former French coin
55. Male sheep

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Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email whatsup@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
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'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

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The Westfield Voice

FRIDAY, NOVEMBER 6, 2015

westfieldvoice.com
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Westfield's RHA attends NEACURH conference at SUNY Geneseo, places second for case study

Gina Muller
Layout and Design Editor

On Friday, Oct. 30, six members of the Residents Hall Association and Hall Council attended The Northeast Affiliate of College and University Residence Halls Regional Conference (NEACURH) hosted by SUNY Geneseo.

The conference lasted from Friday, Oct. 30 to Sunday, Nov. 1, and 48 schools attended.

The conference is 100% student-run, and students from the Northeast region participate in programs and boardroom forums.

Delegates from Westfield's Residence Hall Association attended the NEACURH conference to increase their knowledge of RHA programming and exchange ideas with students from other schools.

Delegates brought back new ideas of how to improve their own residence hall programs and had the opportunity to meet delegates from across the region.

This year's theme was "Marty and the Chocolate Factory," a take on the movie "Willy Wonka and the Chocolate Factory."

The NEACURH mascot is Marty the Moose, and each year the theme of the conference is based around Marty.

First time NEACURH delegates Kelsey Butler, Lauren Grams, Gina Muller and Marcus DiBacco accept the second place award for thier case study. This is the first time Westfield State has placed at a NEACURH Regional or Mini conference.

The NEACURH conference is held at a different school each year. The 2016 host school will be announced at the NEACURH mini conference, which will be held at Western New England University this spring.

This year, Westfield won second place for the case study. This is the first time Westfield has ever placed at a NEACURH conference or NEACURH mini conference.

The first-time delegates attending the conference are those chosen to complete the case study.

The topic of the case study was how to recruit new general board members with dwindling interest after the loss of an executive board member.

In the case study, the first-year delegates outlined the process that they would go through to attract new members and increase interest in the Residence Hall Association. In doing so, they talked about their own incentive program and how it helped to attract new members to Westfield State's RHA.

"It's pretty impressive to have taken home Westfield's first award at NEACURH ever with a case study that was virtually made for us. RHA went from an unknown club to a club with over 30 general members because of our incentive program," said Lauren Grams, vice president of RHA.

Grams was one of the delegates who participated in creating the case study, and this was her first conference.

"It's great to see our efforts pay off," said Grams, "and even better that the case study happened to be about how to improve membership, which we truly have over the past few months."

After Westfield's RHA President Brendan McKee attended the President's boardroom and National Communications Coordinator (NCC) Emily Butynski attended the NCC board-

see **MULLER** *on page 13*

In this week's issue

Campus pages 1-7
Go Global
Voice Vault
Active Minds
A&E pages 10-12
'Knowing to Cook'
Ali Novak Interview
Gail's Guidance
Horoscopes
Sports pages 14-17
Men's Soccer
Football
Volleyball
Jon Jones
NFL Injuries

The objective student press of Westfield State University

VOLUME VII, ISSUE VII

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FRIDAY, NOVEMBER 6, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
After 11 years working as the Director of Libraries, Jay Schafer announced his plan to retire from the position. He will retire as soon as a replacement is found.

The Harvard Crimson,
HARVARD UNIVERSITY
Over this past weekend, commonly refered to as "Halloweekend" the Harvard University Police Dept. and Cambridge Police Dept. responded to many noise complaints from social organizations, many of which are unrecognized.

The Daily Campus,
UNIV. OF CONNECTICUT
A parked UConn bus carrying about 20 students was hit by a UPS delivery truck Tuesday afternoon. No students were injured, however witnesses say that the accident was caused when the UPS driver swerved into the bus due to a seizure.

The Daily Orange,
SYRACUSE UNIVERSITY
Students now have the opportunity to share thier opinions of college life through a new anonymous online survey. It will ask students about acedemics, social experiences, Greek life, family and any financial concerns they may have.

SGA welcomes Senator Humason

Matt Carlin
Managing Editor

On Tuesday, Nov. 3, the Student Government Association welcomed Massachusetts State Senator Donald "Don" Humason Jr., a former student senator from Westfield State College Class of '89 who served on the Commuter Council for three years.

Humason spoke on the budget of Massachusetts and how he and his colleagues value constituents' input, especially from the public universities.

There was discussion regarding the Senator's experiences here at Westfield, including a minor driving infraction that he jokingly attributed as the reason why he is where he is today.

He went into the importance of voting and how he encourages everyone to take advantage of that right on Election Day, noting that he was not up for election this year for the first time in three years.

Other talking points included Humason's opinion on recreational marijuana use, of which the senator indicated he was not in favor; however, he did note that he was most likely in the minority on that opinion. He recognized that the constituencies his fellow legislatures represented were most likely in favor.

As a member of the state senate, Humason has been very active in the state's budget-making process and even serves on the senate's Committee of Ways and Means. He indicated that, despite some areas of state revenue doing better than expected, there are still some areas that are underperforming and producing far less that what was expected.

On the subject of state revenue, there was a previous discussion surrounding the tolls on the Massachusetts Turnpike and how Westfield's exit in particular used to be free.

Humason told SGA that the tollbooths themselves will be phased out soon and will be replaced with a digital/electronic method. He even went so far as to suggest that the tolls on the Pike might return to being free.

After the senate exhausted all of their questions, Senator Humason was thanked for his support of the University and for taking time out of his schedule to speak to the senate.

After Senator Humason finished, President Dina motioned for a series of position changes.

Commuter Council President Lezlie Campbell and Lansdowne Representative Alina Bracken resigned from their positions; however, they were later reappointed. Campbell was appointed as a Commuter Council Representative and Bracken was appointed as Lansdowne President.

Dina then announced a new initiative, tentatively called the "Club of the Month" award, to recognize and honor the achievements of clubs and organizations on campus that have gone above and beyond.

Trustee Justin Connelly spoke briefly on the announcement of the trustee recommendation for the new president.

Vice President of Academic Life Jon Cubetus spoke to the senators about his initiative regarding the student interest in establishing an APA style English composition course that would help students, such as nursing majors, practice for their potential professional writing. He did mention that the English department was aware of the issue and is working on developing a new composition program.

There was some controversy when Vice President of Finance Brandon Trafford brought forward two finance proposals from the Emergency Medical Service (EMS) club and the Musical Theatre Guild (MTG).

The EMS club was looking for roughly $2400 to finance 14 members plus an advisor to go to a national conference. The finance committee reduced the proposal down to $621 to cover the hotel costs.

Senators were quick to point out that the EMS club provides medical services for students and deals with health matters, while also bringing up that the next proposal for MTG was for far more money ($1300).

Questions on both proposals varied from simple questions on the conference to the more complex questions on the finance committee's work on the proposal.

It was noted that the finance committee had agreed that, due to the SGA's limited operating budget, clubs this year should expect to take on some of its own costs.

Despite negative implications on the exact amount allocated in the proposals, there was no motion to change either and both passed with a few senators abstaining.

The Class of 2017 and 2018 both announced the status of their individual class t-shirt productions at the meeting with 2017 still polling their class and 2018 preparing order forms.

Class President of 2018 Maddie Creamer indicated that she expected no problems regarding a "minimum order requirement" and expected the orders to greatly exceed such a requirement.

Representative Rebecca Kennedy opened new businesses to ask for interested students to volunteer join her "ad hoc committee" for the planning and execution of her facilities and trade department appreciation day. This will be the second annual event for the University.

For more information regarding the Nov. 3 SGA meeting, please visit their website on westfield.ma.edu under the Student Affairs tab in the "clubs and organizations" section. Minutes for the meeting may also be obtained by request via email to Executive Secretary Brendan McKee.

GLOBAL CONVERSATIONS

How do I fund my study abroad experience?

Haley Batchelder
Voice Columnist

Have you given up on your dreams of studying abroad due to the cost? Is living in another country for a semester just too much of a financial burden?

Most college students who decide they are not going to study abroad say it is because of the money. But if you have an urge to study abroad, do not let finances hold you back!

Here are some tips on how you can find the money you need in order to study abroad!

1. Do your research.

As any other travel abroad experience would be, it is easy to assume that studying abroad for a semester requires you to drop thousands of dollars; however, this is not always the case.

While you are paying tuition and fees to study abroad, you concurrently will not be paying tuition and fees back in the States.

Through programs offered through Westfield's International Programs Office—such as the Direct Enrollment Program—students pay the same tuition as they would at Westfield State.

Make sure to stop by the financial aid office for assistance! Any financial aid received at the University can easily be applied to all approved programs.

If you spend time researching the most cost-efficient locations and programs in which to study, you will find that you are paying a similar cost to what you would be for a typical semester at Westfield.

2. Be intentional about spending money.

This is much easier said than done, but it is very possible. As college students, we are very dependent on our coffee, late night orders from Dominos, and the frequent trips to Wal-Mart.

If you are determined to study abroad, take a look at what you are spending and evaluate what to keep and what to trim.

Maybe instead of buying a coffee from Dunkin Donuts every day, you cut down to three iced coffees a week and take advantage of the free coffee in the dining commons a little more. With coffee costing $2.50, cutting your coffee budget in half will save you $10 a week: that is $150 extra in your pocket each semester!

3. Earn a little extra money.

Now, this does not mean to pick up a second job altogether; most college students just do not have time for that. But there are places on and off campus where it is possible to earn a few extra bucks.

Apply to be a note-taker for a class you take, which is a chance to earn a stipend at the end of the semester.

Find a family off-campus or during breaks back home where you can babysit for a few nights a month. We all know babysitting makes good money.

If you are musically talented, find a coffeehouse or restaurant nearby that will pay you to play for a few hours.

There are plenty of opportunities to earn money if you really look. And plan ahead of time to put this extra money aside towards your study abroad experience.

4. Ask for donations!

As a student who has personally asked for money from friends and family in order to go abroad, I know how successful this can be. People in our lives want us to succeed and take advantage of these opportunities.

By writing a general letter politely requesting donations and explaining your plans for your trip, you will find donations flooding in. By explaining your trip and bringing your friends and family on this journey with you, they will be more likely to want to help out in any way possible.

Another option is to create an account on www.gofundme.com and advertise it through your Facebook and through email. While it is not as personal as a letter, you will reach a wider variety of people and you never know who will be compelled to give.

5. Don't give up!

The final, most important piece of advice I can offer is to not let financial burdens or concerns hold you back from studying abroad! If you are determined enough, there are so many opportunities to earn the money you need in order to study abroad.

I can guarantee you that all the memories you will create while studying in a different culture for a semester will prove to be far more valuable than any amount of money in your bank account.

So, if you want to study abroad: go for it!

For more information on the study abroad program and opportunities for financial support, visit www.westfield.ma.edu/academics/study-abroad or visit the International Programs Office in the Parenzo Lobby.

Westfield State to hold graduate open houses

From Press Release

The Division of Graduate and Continuing Education (DGCE) at Westfield State University will host two open houses: a master of science in accountancy open house on Tuesday, November 3 at 6 p.m. in the Horace Mann Center and a graduate psychology and applied behavior analysis open house on Saturday, November 7, at 11 a.m. in the Loughman Living Room, located in Scanlon Hall.

Westfield State offers a 60-credit graduate program in psychology with specialized tracks in school guidance counseling, school adjustment counseling (non-licensure), or mental health counseling, with an optional concentration in forensic mental health counseling. Westfield State University also offers a 48-credit master of arts in applied behavior analysis program to individuals who work, or aspire to work, in a number of different settings, such as schools, including regular and special education classrooms, business and industry, healthcare, and other community-based settings.

At Westfield State, the objective of the accountancy graduate program is to prepare students for management positions in accounting. The program builds on the knowledge and tools from students' undergraduate education, allowing them to achieve a greater degree of sophistication in accounting and auditing. The master of science allows the student to complete the additional 30-hours required to fulfill the requirements for the Certified Public Accountancy license in Massachusetts. The MSA program at Westfield offers classes Monday through Friday after 4 p.m.

Many graduate students have familial and career responsibilities that must be prioritized when it comes to furthering their education. Westfield State offers many accommodations, including late afternoon and evening courses and two summer sessions.

In addition to learning more about the programs and each concentration, prospective students will have the opportunity to speak with the program coordinator, advisors, and faculty. The DGCE will also speak to attendees about the application process. All individuals who attend either open house will have the $50 application fee waived. To RSVP for either event, please visit www.GoBackNow.com. For more information about this event or graduate programs, please contact DGCE at (413) 572-8020 or DGCEadmissions@westfield.ma.edu.

See the World with Westfield State Alumni Association, Experience the United Kingdom Travel Collection in 2016

Travelers from the "London Your Way" 2013 pose in the lobby of their hotel, the Ibis Earls Court.

From Press Release

The Westfield State University Alumni Association will host two upcoming trips for Westfield State students, faculty, staff, alumni, and friends: a personalized trip to London, England March 12-19 2016 and a Britain Sampler tour October 3-12 2016.

From Homecoming Weekend and class reunion activities to worldwide travel opportunities, the Westfield State Alumni Association provides a lifelong connection to Westfield State for alumni, parents, and students through a variety of programs and services.

The UK Travel Collection 2016

The "London Your Way" trip was first held in spring 2013 and is back by popular demand. Travelers enjoy an at-leisure tour of London combined with the peace of mind of traveling with a group.

This trip includes round trip motor coach transportation to and from the airport, round trip airfare, six nights' accommodations, and a welcome tour of the London city. The cost of the London trip is $1,739 if paid by credit card with an additional discount if paid by cash or check. All room and meal taxes are included.

The trip is largely at leisure after the welcome tour. The rate is based on twin occupancy with single rooms available for an additional fee.

"I had an awesome time in London," said Treva Polk '88, Westfield State alumnus. "We had enough time to do everything we hoped to do on this trip and the price was very reasonable. I really enjoyed myself and would recommend this trip to everyone."

Britain Sampler

Travelers who prefer the structure of group tours can embark on the 10-day, 8 night Britain Sampler.

Day One: Depart New York's JFK International Airport on an overnight flight to London with dinner and complimentary beverage service.

Day Two: Upon arrival in London, the group will be met by a tour guide to assist them in boarding their motorcoach to their first-class hotel.

Day Three: The trip begins in London with stops at Kensington Palace, the Houses of Parliament, Big Ben, and Westminster Abbey to see the Changing of the Guard.

Day Four: Travelers explore the ornamental gardens of Henry VIII's Hampton Court Palace and then head to historic Stonehenge. The day concludes with a visit to the Georgian city of Bath to see excavations of the Roman Baths.

Day Five: The morning is dedicated to traveling to Stratford-upon-Avon, the birthplace of Shakespeare, to see Anne Hathaway's Cottage with stops in Costwolds and Stow-on-the-Wold. The group then crosses the border to Wales to explore the town of Llangollen.

Day Six: The group will tour Chester to see Roman remains, and the Lake District, one of England's national parks. Travelers then cross the Scottish border up the Lowland Hills with a stop in Gretna Green on the way to Edinburgh.

Day Seven: The entire day is dedicated to the city of Edinburgh with stops in Edinburgh Castle and Holyrood Palace, and a free afternoon to enjoy the city.

Day Eight: Travelers will visit the newly refurbished Abbotsford House, with stops at the Melrose Abbey and views of the ruins at Jedburgh on the way to the English border to the city of York. In York, England's most complete medieval city, travelers will walk through a maze of streets, including the narrow Shambles.

Day Nine: The group leaves Yorkshire and drive through British farmland, stopping in the market town of Stamford and the university city of Cambridge before returning to London midafternoon.

Day Ten: The group will return to the airport and travel to JFK International Airport.

The cost of the Britain Sampler tour is $3,999.

Rates are per person and based on twin occupancy. Both trips require a $400 deposit is due to book a spot with the full balance due 75 days before departure.

To learn more or see the full trip itineraries, visit www.westfieldalumni.org or contact Kathi Bradford, director of Alumni Relations, at (413) 485-7355.

If You Have An Idea, Thought, or Criticism, Please Send A Letter To The Editor To thevoice@westfield.ma.edu And We Will Publish It In The Paper.

Place-based education expert David Sobel to speak at Westfield State

From Press Release

Westfield State University will host author, professor, and community and place-based education expert David Sobel on Monday, November 2 at 7:30 p.m. in Scanlon Banquet Hall. The event is part of the university's Guest Lecture Series.

Sobel is a prolific author and pioneer in the field of community and place-based education (PBE). PBE immerses students in what is local—the unique history, environment, culture, economy, literature, and art of a particular place, using these as a foundation for the study of language arts, mathematics, social studies, science and other subjects across the curriculum. PBE also emphasizes learning through participation in service projects for the school and local community resulting in a learning experience literally rooted in students' own schoolyard, neighborhood, town, or community.

Sobel is a professor at Antioch University New England in Keene, NH where he also serves as program director of the Antioch New England Institute, a consulting and community outreach department that promotes a vibrant and sustainable environment, economy, and society by encouraging informed civic engagement. He is the co-founder of the Harrisville Children's Center and serves on the editorial board of the Holistic Education Review. He has written numerous education-focused books including "Mapmaking with Children: Sense of Place Education for the Elementary Years" and "Beyond Ecophobia: Reclaiming the Heart in Nature Education." Sobel earned his B.A. in English at Williams College and his M.Ed. at Antioch University New England.

David Sobel

This is Sobel's second visit to Westfield State as part of the university's Westfield Engages civic engagement initiative. Event coordinator and English professor Vanessa Diana has incorporated place-based education into her first year English Composition course, which pares with a physical geography course, allowing students to use nearby Stanley Park as a site of learning.

"In this class students not only write about their environment, but they also participate in service activities benefiting the park such as a recent working session in we removed invasive plants removal," Diana said. "Sobel has also inspired me to develop a 'Mayor's Symposium' Honors seminar, in which students are responding to a request from Mayor Dan Knapik to envision downtown Westfield as a place where students want to spend time, visit businesses, and be a place they'll fall in love with enough to stay after graduation."

Diana said she hopes audience members, particularly those studying or working in the education field, are inspired by Sobel's lecture.

"We hope to encourage development of place-based classes and projects in our community, from preschool to college-level," Diana said.

In addition to the lecture, Sobel will host a Brown-Bag lunch from 12:30-1:30 p.m. and a workshop from 4:15-6:30 p.m (participants must register with Marsha Olsen). All events are free and open to the public. For more information about the lecture or to register for the workshop, contact Marsha Olsen at Molsen@westfield.ma.edu.

The event is sponsored by The Westfield State University Honors Program and the Westfield State University Departments of Geography and Regional Planning, Education, and English. The Guest Lecture Series is supported by funding from the Academic Affairs budget to enhance student learning and service to the larger community. An advisory committee with representation by the faculty, staff, and students review proposals and recommend selection of proposals for the year. For more information on upcoming speakers in the Guest Lecture Series, please visit http://www.westfield.ma.edu/guest-lecture-series.

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
- Negligent Operation MV	15-67-AR	10/31/2015	10/31/2015	0007	Commuter Lot	On	Arrest
- OUI	"	"	"	"	"	"	"
-Drug Law Violation	"	"	"	"	"	"	"
- Drug Law Violation	15-49-FI	10/31/2015	10/31/2015	0045	Lammers Hall	On	Ref. to Student Council
- Drug Law Violation	15-70-AR	10/31/2015	10/31/2015	0230	Lammers Lot	On	Summons Mailed
- Destruction of Property	15-540	10/31/2015	10/31/2015	0234	Scanlon Hall	On	Investigated
-Liquor Law Violation	15-50-FI	10/31/2015	10/31/2015	2043	Lammers Hall	On	Ref. to Student Conduct
- Suspended Liscense	15-71-AR	10/31/2015	10/31/2015	2052	Western Ave	On	Summons Mailed

from the voice vault

This article was published in the ***Monday, September, 10 2001*** *issue of* The Campus Voice.

Westfield State Football Features Veteran Team

By Mickey Castle, SID

Steve Marino has been around long enough to know not to make any bold predictions. But he still has a pretty good feeling, and rightly so, about his 2001 Westfield State College football team.

The Owls feature plenty of experience, returning all but three starters from last year's 3-6 squad. Whether this experience can translate into more victories in the increasingly competitive New England Football Conference is the key question.

"I really don't know what to expect in terms if how well we're going to do," said Marino, who begins his 12th season as Westfield's head coach. "Our first team did have a fairly competitive scrimmage against Springfield College."

Defensively, Marino expects his squad to be better than last season when it allowed an average of 17.6 points per game. Leading the defensive charge is senior end Tim Corr, who has racked up some impressive numbers, including 17 sacks in the last two seasons, for the Owls. The 6-4, 215-pounder was an All Conference selection last season and should contend for All New England honors this year.

"I think Tim Corr can be a very good player for us; I think he can be even better," said Marino. "He's a tough kid to block. You look at him and he doesn't look that impressive (physically) but you can't block him."

To even further strengthen the defense, the Owls have a number of players returning who were sidelined with season-ending ailments in 2000. Sophomore outside linebacker Mike Hurteau was the team's third leading tackler as a freshman in 1999; he didn't play last year because of an illness.

Another key addition is junior middle linebacker Josue Zamora. The Hartford, Conn., native begins his first year of football for the Owls after starring on the baseball diamond the past two seasons.

"Josue is a very talented player," said Marino.

In the defensive secondary, four of the five key players were sidelined for all or part of last season with injuries.

"I think the defense we put out onto the field can be good; we just have to stay healthy," said Marino. "We had a good defense last year and we didn't have the depth we have this year."

Offensively, the Owls simply need to score more. Last season they averaged 16.7 points per game. In three games they didn't score a touchdown and in two others they only crossed the goal line once.

"It is essential that we get better offensively," said Marino. "We do have experience and we should be better, but a lot depends on how our quarterback plays. We have to rely on our defense early."

Experience abounds offensively, with nine of 11 starters returning, including the entire receiver-tight end and running back units. But the all-important quarterback position features a newcomer this season - sophomore Chris Lapointe, a 6-3, 225 pound transfer from Central Connecticut State. Lapointe was an All Western Mass. standout at Turners Falls High School.

"Chris has a strong arm; he throws the ball well and has a good touch," said Marino. "He just has to understand what we want him to do and he has to get comfortable with the offense."

Junior Jesse Phelps of Greenfield is No. 2 on the quarterback depth charts. He also may see action at running back, where he played some last season.

"Phelps is a jack of all trades for us," said Marino. "He throws well and gives us depth at several positions."

Expect sophomore Matt Yvon to be Lapointe's primary target. The Springfield Cathedral High School graduate led the Owls with 22 receptions in 2000. Also returning is senior running back Shawn Lyman of West Springfield, who rushed for 683 yards last season while averaging nearly 19 carries per game.

"Lyman is a guy we expect to carry the ball 20-25 times a game, and we'll spell him with Don Jones," said Marino.

Jones is a talented first-year player who set a school record with 2,043 rushing yards at Springfield Central High School.

"Don is a strong kid (at 5-6, 160 pounds)," said Marino. "And he's not just a dancer when he gets the ball. He has good quickness and he's shifty."

One area that concerns Marino a great deal is the kicking game. Lost to graduation is Chicopee's John Frasco, who kept the Owls competitive last season with his punting and placekicking. Frasco was All New England and one of the top punters in the nation last season, averaging 39.5 yards per boot. Frasco, who made all eight field goals he attempted in his college career, holds the school record for extra points made (40) and ranks third in career points (136).

This article was published in the ***Monday, October, 31 2001*** *issue of* The Voice.

MTG's *Footloose* sure to keep audience on their feet

BY LISANDRA BILLINGS
EDITOR-IN-CHIEF

When asked to do a preview of the Musical Theater Guild's latest show, *Footloose*, I was more than excited. I've seen the movie and the show performed a couple of times so I was looking forward to seeing a musical that I actually recognized. Plus, all the on-campus hype about the sweet costumes and great choreography naturally awakened my curiosity.

Upon entering Dever Auditorium, the first thing I noticed were, as rumored, the bright colored costumes. Although a few costumes seemed to not yet be complete, most characters donned the typical 1980's wardrobe of bright colored shirts, high-top sneakers, hair scrunchies, leg warmers and tapered jeans. Though this blast from the past brought back a few humorific memories of elementary school and incredibly awful fashion choices, it was still nice to recognize the era.

As I took my seat, the cast members scrambled off stage and one of the directors shouted "LIGHTS!" Since there were still two weeks left until opening night, they hadn't yet finished working out the lighting or curtain so I learned to use my imagination. The curtain "closed" then "opened" again and out paraded the brightly colored cast of *Footloose*, led by senior Eddie Paris, who plays the main character of Ren.

"I won't lie, I was praying for Ren," said Paris, who has done two other musicals at Westfield State. "I saw it on stage when I was in 10th grade and have been listening to the soundtrack ever since then. I always liked the show more than the movie and ALWAYS wanted to play Ren."

As the band began playing and the cast began singing, I grew a little weary. Appearing hesitant, the ensemble's harmonies seemed off and the band was playing faster than the group was singing. Or was the group singing slower than the band was playing? Either way, something was just not right.

"It was our second time rehearsing with the band, so things were a lot different," said junior cast member Danielle Sosomowski. "We had been rehearsing with a CD and the music is different on it. We got it together quickly, though, and adapted well."

Indeed, they did get it together and by the end of the first couple of songs it seemed as though everyone had adjusted to the change of pace.

Photo by Lisandra Billings

The cast of Footloose has been rehearsing since the beginning of the semester for their fall show which opens on November 2 at 8:00p.m. in Dever Auditorium.

Photo by Lisandra Billings

From left to right: Dan Lindgren (Willard), John Waynolovich (Garvin), Eddie Paris (Ren) and Mike Duffy (Bickle) perform a scene from *Footloose*.

What shocked me most about the show was how every character, not just Ren and Ariel, who is played by Megan Carmichael, stood out on his or her own. It seemed as though each cast member had brought something to the show and it was truly an ensemble performance.

"We had planned on having callbacks but we realized that every single person had something perfect that they could contribute to the show," said student director Diana Farrell. Farrell, a senior, along with Meghan Mellar, a junior, direct the show and said that they knew they wanted to do *Footloose*.

"It just happened," said Farrell. "It's not really a typical school musical, people can relate to it since we were all around in the eighties."

Combining comedy with a bit of drama, *Footloose* easily brings tears to your eyes through laughter or emotion. For instance, during one song "The Guys," played by Dan Lindgren (Willard), Mike Duffy (Bickle) and new-comer, freshman John Waynolovich (Garvin), along with Ren, traipse clumsily around the stage singing "Mama Says," a song devoted to Willard's mothers unusual advice. The "guys" as well as Ren's Kevin Bacon-like gyrations, provide a lot of the shows comical relief.

Though many of the scenes rely heavily on both singing and acting, some of the most emotional aspects of the show come from pure vocal talent. In "Be Silent" Lisa Holland (Vi) and Liz Dion (Ethel) sing about standing by and watching quietly while their husbands and the men of the town enforce strict rules on their children. The two harmonize wonderfully and the emotion in their voices makes you forget that they're college students and not older mothers.

One of the last songs, "Almost Paradise" showcases Carmichael and Paris' musical talent through a power duet. After a fight with her father, Ariel takes Ren to her favorite spot, and the two serenade one another romantically. Ending with a sweet yet passionate kiss, the scene is sure to be a tearjerker for many girls in the audience.

All in all the show is quite good. Whether it be for the costumes, musical talent, dancing or just to see your friends on stage, *Footloose* has a little something for everyone.

"It's a really awesome musical," said senior cast member Mike Lawlor. "It has lots of energy and is very exciting. It gets you in the mood to dance!"

Active Minds at Westfield - who we are and what we do

activeminds
changing the conversation
about mental health

Danny Kochanowski
Voice Contributor

"What do you have to be so sad about?"

"Go for a run, and you'll feel better."

"Why are you being so ungrateful? You have everything going for you."

"Do you not have fun with us? We're your friends!"

This is the short list of things that have been said to me by my friends, family, and even therapists in regard to my constant low mood for the past ten years or so.

The worst part is, until a few years ago, I believed all of these directions. When a long run, a hang out with friends, or a date didn't make me feel better, I beat myself up for days.

Days turned into weeks. Weeks turned into months. Months turned into years, and years into what felt like an eternity.

My name is Danny, and my clinical depression motivated me to change the conversation about mental health.

I help run an organization on campus called Active Minds. If you haven't heard our name circulating around campus already, note that the goal behind Active Minds is to raise awareness of mental health, decrease the level of stigma attached to mental illness, and attempt to create an accepting atmosphere on campus. Mental health issues have been swept under the rug for far too long; Active Minds helps to end this unfortunate trend.

Active Minds isn't just something that exists in Westfield. A wonderfully brave and ambitious woman named Alison Malmon began Active Minds at the University of Pennsylvania in 2003 after losing her brother to suicide.

Once it became established locally, Alison founded Active Minds as a true nonprofit organization to run through national college campuses. Currently, 412 chapters are active (no pun intended) throughout the nation. 412 schools and counting are currently placing emphasis on an issue that desperately needs awareness.

So, many of you may be asking: what exactly do struggles with mental health entail?

This is a question we've spent years attempting to answer. There has been a stigma, or a shame, placed upon those who are not mentally well for centuries.

A few hundred years ago, those that struggled with mental health issues were locked away in rooms. There were lobotomies, ice picks, and even exorcisms. Mental illness has been understood for so few years that there is still a lot we don't know.

But here is what we do know.

For those of you who are unfamiliar with mental health, the problem stems from chemicals within our nervous system called neurotransmitters. These chemicals fire from neuron to neuron (the cells within our nervous system), and tell the brain what to do. This encapsulates almost all of our actions—everything from emotion, to memory, to appetite, to sleep, and almost any other bodily function you can think of.

There are certain neurotransmitters that focus on mood and perception. When these chemicals exist in a certain imbalance, either too much or too little, it causes problems.

Two common examples are neurotransmitters called dopamine and serotonin. When a person has too much dopamine, they have a very high chance of experiencing delusions and/or hallucinations. When a person has too little serotonin, it is extremely hard to feel happy or good about oneself. The former is one of the main causes of schizophrenia; the latter is one of the main causes of clinical depression.

This is a lot of information, but it does not even begin to break the ice in terms of understanding mental health. There is so much concrete, proven research out there that to explain any larger portion of it would be overwhelming at first.

I dive into this to make the initial point that mental health issues are very, very real and need to be taken seriously.

Society dismisses the mentally unhealthy as either overdramatic or crazy. In reality, having a chemical imbalance is the same as having the flu, having high blood pressure, having cancer, or any other sickness. Yet, as a society we do not make this connection.

So what is the solution? How do we help those who are mentally struggling? How do we educate the public so the mentally unhealthy can feel welcome and accepted? How can we improve widespread outlook on mental illness so that treatment is readily available?

The answer is not an easy one to find. But, what Active Minds has to offer is knowledge of mental health, stigma reduction, stress reduction, and the attempt to create an atmosphere of acceptance and understanding.

I hope that we can help forward these ideas so that we can all lead the healthiest and happiest lives possible, and so that we can help others do the same.

We have smaller club events, such as speakers, discussions, films, campus advocacy events, and game nights. You may remember seeing our posters around campus last year containing messages of hope and awareness. Expect more of those around very soon.

We also lead larger events on campus. You'll see events this year such as Rainy Day Recess, Fresh Check Day, an Out of the Darkness Walk, Homelessness and Eating Disorder awareness weeks, and very possibly an Iraqi Veteran speaker on the topics of Post Traumatic Stress Disorder and Veteran's Mental Health.

Look for this column regularly on various mental health issues, ranging from personal stories to informational pieces, creative pieces, and announcements about events on and off campus in relation to mental health awareness.

One of my very good friends, a fellow mental health advocate, commonly uses the phrase "You are not alone, and you are loved."

In summation, we are trying to show anyone struggling that no one is alone and everyone deserves love.

It's time to move forward; we're all bent, not broken. You're all welcome into this group of friends that is Active Minds, and I'm looking forward to hearing any and all of your stories.

Active Minds meets at 7 p.m. on Wednesday nights in the Peter D. Mazza Student Government Room in Ely 017.

GUEST LECTURE SERIES

PIPES & POLITICS: OPIUM USE IN MODERN CHINA AND ITS IMPACT ON SOCIETY

Joyce Madancy, Associate Professor and Chair of History Dept., Union College

Dr. Madancy will discuss opium use in modern China and its impact on society and politics in the late 19th and early 20th centuries. The lecture's topic has bearing on contemporary American politics, as many states debate legalizing "recreational use" of marijuana. Dr. Madancy's talk will provide insight into this issue while giving the audience an opportunity to learn from another country's past experiences with drugs.

westfield.ma.edu/events

Westfield
STATE UNIVERSITY

The Musical Theatre Guild's presents

AND THEN THERE WAS ONE

Dinner Mystery Theatre

Based on Agatha Christie's And Then There Were None

Single Performance
Thursday, November 12th at 7:30 PM
Scanlon Banquet Hall

The last day to reserve tickets is November 5th

Ticket Information
$8 for students, $12 for adults
(price includes dinner and the show)

Tickets must be purchased in advance on campus or reserved in advance.

Tickets will be sold November 3rd through 5th in the Dining Commons from 5-7:30pm

To reserve tickets, please contact Chelsea Orifice at corifice2860@westfield.ma.edu

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a $16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

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Deadline – Friday, December 11th

QUESTIONS?

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FRIDAY, NOVEMBER 6, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of November 2, 2015

Top 10 Singles

1. The Hills - The Weekend
2. Hotline Bling - Drake
3. What Do You Mean - Justin Bieber
4. Stitches - Shawn Mendes
5. Wildest Dreams - Taylow Swift
6. 679 - Fetty Wap Ft Remy Boyz
7. Can't Feel My Face - The Weekend
8. Locked Away - R. City Ft Adam Levine
9. Watch Me -Silento
10. Perfect - One Direction

Top 5 Albums

1. Pentatonix - Pentatonix
2. Confident - Demi Lovato
3. Beauty Behind The Madness
4. general Admission - Machine Gun Kelly
5. Fetty Wap - Fetty Wap

Top 5 Movies

1. The Martian
2. Goosebumps
3. Bridge of Spies
4. Hotel Transylvania 2
5. Burnt

Upcoming DVDs

1. Before We Go
3. Best of Enemies
4. Digging for Fire
5. The End of the Tour

Author Ali Novak discusses new novel "The Heartbreakers" and shares thoughts on the current status of her career

Kate Chandler
Voice Contributor

PHOTO FROM OTEMPO.COM

Your newest novel, "The Heartbreakers" is about to release. How are you feeling? Is there anything you would like to say about this new contemporary novel?

I'm super excited for the release of "The Heartbreakers," especially since I will be going on my first ever book tour to promote it. I think people will really enjoy this book because it has a little bit of everything in it: family, friendship, romance, coming-of-age, and so much more.

Are you working on a new project at the moment?

Right now I am writing the second book in "The Heartbreak Chronicles" series. It is currently untitled, but it will be about Alec Williams.

What are your ambitions for your writing career?

I think every author dreams of seeing one of their stories come to life on screen. If one of my books ever became a movie I would die and go to heaven.

What drew you to writing contemporary YA novels? Do you have any other genres that you would consider writing?

I actually prefer writing fantasy and paranormal novels. The reason I started writing contemporary YA was because there is a larger audience for that type of teen fiction on Wattpad, the online reading and writing platform where I launched my writing career.

Where do you find your inspiration for your books? Do you take any inspiration from something that has ever happened to you?

I normally find inspiration from reading other books, watching TV shows and movies, and listening to music. For every book I write, I compile a playlist of all the songs that inspired me during the writing process. In addition, I always take inspiration from my own life—whether it be a vacation I took, a person I met, a trying time—and transfer that experience to my stories. Personally, I think it would be incredibly hard to write a book and not include part of my life in the story, because it's easy to write what you know.

How do you think social media has impacted your career?

Social media has made my career. Wattpad is first and foremost a writing and reading website, but it's also a social media website. Without Wattpad and the supportive fanbase that I built there, I never would have published my first book at twenty-two.

Your novel "My Life with The Walter Boys" was your first published novel, and you started writing it on the popular writing app Wattpad. What was that like? Do you have advice for other writers using this app on how to get their novel noticed?

Writing my first novel on Wattpad was an amazing experience. The entire time I was working on the story, I had an army of fans cheering me on, and they also helped me craft the story. The best advice I can give for other writers using the app is to be patient—it took me years to built up my fanbase. Also, uploading on a regular basis helps too.

What do you think the hardest part of the writing process is? How do you overcome it?

I particularly struggle with the first draft. My inner editor is always on, and I constantly second guess myself. The best way to overcome this is to set a deadline for your first draft. Having a deadline forces you to keep writing even if something isn't perfect yet.

KNOWING TO COOK

Bella Toscana – The Tuscany You Don't Know

Ryan Cashman
Voice Columnist

At one point or another, Tuscany was a completely agrarian region; that is, the economy and way of life was based off of agriculture rather than industry.

Yet, as time progressed, Tuscany began to drift away from its agrarian beginnings, and evolved into the cultural and artistic wonderland we know today.

Thanks to the most influential of families, the Medici, art and innovation thrived in Florence, and the Renaissance blossomed therein. And as the world's eyes were focused on Florence, the humble farmers and winemakers were left behind to tend their land, uninhibited by the politics or culture of the city.

Up to this point, I have written about countries whose cuisines and food culture have been glossed over or bypassed completely by the world. And yet, as I sit here and eat my caprese (tomato, mozzarella, and basil) sandwich, memories of Italy start well up in my mind.

Before I went to Florence, I had a firmly solid concept of Italy and Italian food. By the time my adventure in Italy was finished, I realized that while my own personal concept was for the most part correct, the concept that the world has about Italian food is almost completely wrong.

Yes, I understand that Italian classics like pizza and spaghetti have become world famous treasures of gastronomy, but the global conceptual view is not the real Italy in the same way that not every meal served in Ireland is comprised only of meat and potatoes.

Italian food is beloved the world over, but the food we commonly associate with Italy is not the real Italian food. It's a homogenized version of the real thing. This is not to say that our view of Italian food is not improper, it's just constricted.

Italian cuisine is richly layered and complex while maintaining an elegant simplicity you can only find in Mediterranean. You could spend a lifetime—and indeed many have—eating your way through the peninsula and you would still not be totally able to grasp the expanse of the Italian food scene.

I bring up Tuscany for one of two reasons. One, because it's the area I spent the most time exploring while I was in Italy, and two, because it's so misinterpreted.

Yes, the countryside is picturesque and dotted with Chianti vineyards, but it is those living on the vineyards and farms that we so seldom think about. No two Chianti's are the same, though they may taste the same to an untrained palate.

Winemakers take great pride in their product, as should any decent craftsman, and they want you to know it. Almost every major winery in Tuscany offers tours of the estate, followed by a lunch and wine tasting. What better way to spend an afternoon than taking in the beauty of the Tuscan landscape while munching on pecorino cheese and sipping a great wine? The only thing that beats that is lunch at Mario's.

Tourists too often stick to a schedule or constrict themselves to seeing only the touristiest of destinations, which is totally fine because the reason tourist sights are such is because they are amazing.

The Caprese sandwich is a common Italian dish. It combines tomato, mozzarella, basil, and often chicken.

Still, if you are of a more adventurous ilk or are on an extended vacation, take a day to get out of the city and visit the countryside because, to be perfectly honest, all of the tourist destinations in Florence can be seen in two days. I hate to say that about the city I so love, but it's the truth.

Tuscan food is interesting in that it is focused more on vegetables and meats than on pastas and sauces. All of the ingredients for the soup I mentioned last week, ribolitta, can be found on any Tuscan farm or in Mercato Centrale in Florence.

Because most of Italy was so poor for so long, ingredients were often used and then reused so that nothing could go to waste and families could be fed.

The main ingredient in ribolitta is the stale bread that gets mixed into the soup days after it's been made. This idea wasn't created in a city kitchen; it was created out of necessity in a farmer's kitchen because it is a sin to waste or dispose of bread in Italy.

I'm not kidding; Italians take their bread very seriously.

Of course, there is the more traditional Italian fare, like pasta aglio e olio (pasta with oil and garlic; the recipe of which I've provided bellow), lasagna, bistecca a la Fiorentina, and risotto, but the heart of Tuscan food is in the ribolitta.

You will not find it anywhere else in Italy or indeed anywhere else in the world unless you make it in your own kitchen.

So, if you're ever on an extended vacation in Tuscany, take a day and leave the city. Go to a vineyard, hike a trail, visit a farm, or explore a village. Italians are a warm and hospitable people who will welcome you with open arms. Just be sure to eat everything they put in front of you.

As always: Buona Tavola é Mangiare Bene!

PASTA OLIO AGLIO

Ingredients:

Pasta
2-3 cloves of garlic
Extra Virgin Olive Oil
Parmesan Cheese
Salt and Pepper

Instructions:

Bring a large pot of water to a boil, salt the water, and add the pasta.

Note: You can use any type of pasta you like for this recipe, but I find that the longer pastas like fettucine, linguini, or angel hair work best.

While the pasta is cooking, mince the garlic and sauté in a pan over medium low heat. When the garlic begins to take color, take the pan off the heat.

Once the pasta is cooked (this should take 10-12 minutes depending on pasta type) drain it and add it to the pan with the garlic. Mix in a few table spoons of cheese and salt and pepper to taste.

Serve with a good glass of wine and some bread.

Horoscopes

Aries
(March 21 - April 20):
Rome wasn't built in a day, but it would take you about an hour to sort out your petty problems.

Taurus
(April 21 – May 21):
The protests from your friends, family, professors, pets, and co-workers mean nothing. As Lady Gaga says, "You were born this way."

Gemini
(May 22 – June 21):
Avoid all Virgos who have restraining orders against you.

Cancer
(June 23 – July 22):
Don't buy that car you've had your eye on. It's a lemon. Lemons aren't motor vehicles.

Leo
(July 23 – August 23):
The position of Mars alludes to a strike of good fortune for you on the horizon of the year 2040.

Virgo
(August 24 – September 22):
That path you're heading down is a slippery slope. The stars suggest taking a flatter, more practical route.

Libra
(September 23 – October 22):
It's getting to be the time of year when your professors are getting on your nerves. You should understand that most professors are Tauruses. Cut them some slack.

Scorpio
(October 23 – November 21):
Be prepared for a drastic and sudden change in your life sometime over the next seven years.

Sagittarius
(November 22 – December 21):
Most Sagittarians are pleasant, charming individuals! You are an exception to the rule.

Capricorn
(December 22 – January 19):
That new love interest you've had on your mind lately is going to be in your life long-term. We guarantee that he or she will most definitely be your first ex-spouse.

Aquarius
(January 20 – February 18):
It seems as though you have been barking up the wrong tree. Stop that. You are not a dog.

Pisces
(February 19 – March 20):
The stars are hazy for you this week, Pisces. Maybe there will be more to share next week. Don't get your hopes up.

gail's guidance

Gail!

Why are Yik Yak users so thirsty?

Signed,
Anonymous

Dear Anon,
To be honest, this question really stumped me. In all my years of studying the human condition, I could not imagine a feasible explanation for this phenomenon; therefore, I decided to conduct an old-fashion survey.

My results were groundbreaking. Of the dozens of students I interviewed, I found that Yik Yak users were much less likely to carry around a water bottle than non-users. It seems like users' morning routines are largely spent yaking rather than adequately preparing for the day.

Perhaps if the users were more inclined to hydrate and less inclined to peruse the app, this unfortunate reality would be resolved.

Honestly, this matter is uncharted territory for me—my graduate school thesis never explored the hydration habits of Yik Yak. Nevertheless, I'm happy to sacrifice going to my child's dance recital to conduct a survey that answers your question! My loyal readers always come first.

Cheers!
Gail

From MULLER page 1

room, a keynote speaker talked to the remaining delegates.

The keynote speaker was Luke Haumesser, the assistant director of student activities and organizations at the University at Buffalo.

He spoke about how to improve programs as well as methods of self-improvement. He related many aspects of his speech to the movie "Willy Wonka and the Chocolate Factory," thus bringing the theme of the conference full-circle.

After Haumesser spoke, delegates attended programs presented by students from other schools.

There were four tracks, which were time blocks in which the programs took place. Each track had around ten different programs that delegates could attend, ranging from lectures to fun activities to seminars.

During each program, delegates had the opportunity to learn about how other colleges and universities run their RHA organization while also discussing their own experiences.

Delegates Gina Muller, Lauren Grams, Dorice Dorvilier, Brendan McKee, Kelsey Butler, Emily Butynski, and Marcus DiBacco attend the banquet at the end of the NEACURH conference. Westfield State placed second for their case study. This is the first time Westfield State has placed for any award at NEACURH.

Programs lasted from 11 a.m. to 3 p.m. with a lunch break at 12 p.m. While these programs were taking place, the NCC boardroom and President's boardroom occurred.

Attending boardroom is a great was to communicate concepts with other schools and to then implement those ideas to different aspects of campus. The goal of boardroom is to take away ideas to make campus life at Westfield more exciting.

"In boardroom we accomplished everything that needed to be done, including electing a new Coordinating Officer of New England, Coordinating Officer for Marketing and Public relations, and Associate Director of Programming Resources," said National Communications Coordinator Emily Butynski

"We also voted to approve ten pieces of legislation and selected a recipient for the Program of the Year Award," Butynski said.

At the end of Saturday night, delegates from each school attended a banquet where dinner was served and awards were given, some of which included "Most Spirited School," "Case Study, Commitment to Diversity," "Program of the Year," and "Best School Roll Call."

Westfield State placed second for their case study. New York University placed third, and Colby-Sawyer College placed first.

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owls athletics

FRIDAY, NOVEMBER 6, 2015 MICHAEL BARRY, EDITOR

Men's Soccer clinches top seed in MASCAC

Andrew McIntosh
Voice Reporter

This past weekend the Westfield Owls Men's Soccer team faced off at Buzzards Bay against Mass Maritime Academy. Beating the Buccaneers means the Owls have earned the top seed in this year's MASCAC tournament.

The Owls had a big road win against to close out the season in stunning fashion with a 2¬0 victory. The Owls finish with a record of 5¬2 in Conference play and an overall record of 6-¬9-¬1.

This season has been one of ups and downs for the Owls, but ending the season with a win is a great way to carry some momentum into the tournament.

Going back to Mass Maritime, the game was won in the first half. The Owls opened it up in the 14th minute with a huge header from the sophomore Connor Gilbert of Melrose, MA. Senior Captain Kevin Bengle from West Springfield assisted the goal.

Later in the first half at the 37th minute, Bengle scored a goal of his own to put the Owls up 2¬0 and seal the game. Junior Zack Carlson from Fall River assisted Bengle's goal.

The Owls for sure came out firing in the first half and were able to set the tempo. The shot total in the first half was 8 shots Westfield to 5 shots for Mass Maritime. Westfield was making the most of their chances while playing excellent defense and not allowing Mass Maritime any opportunity to set up offensively.

In the second half Mass Maritime knew they had to start getting some more opportunities. The shot total came down to 4 shots Westfield and 7 shots for Mass Maritime. Clearly the Buccaneers felt that they needed to make something happen being down 2¬-0. Totaling 12 shots per each team at the end of the contest.

In the end it wasn't enough and the Owls came out on top. The save totals were in the Owls favor as well. With Sophomore Goalkeeper Alex Kraver from West Springfield having 5 saves on the day. The Owls will depend on his play if they are to take this tournament. Two times MASCAC player of the week freshmen Brodie Keene from Agawam who totaled seven goals on the season and senior captains Kevin Bengle, Matt Carvalho and Cody Baglow will all need a strong tournament as well.

The Owls will host the winner of the 4 vs 5 matchup being Mass Maritime and Bridgewater state. Both of these teams were the last two games of the regular season for the Owls with them losing to Bridgewater 1-¬0 the game prior to Mass Maritime. They are very familiar with each other style of play and should make for a great semifinal match up.

Bridgewater State would be the top seed if they weren't caught having an ineligible player on their team. The bears were 7¬-0 in Conference play this year. So by Conference decision they had to vacate some of their wins, which dropped them to the five seed.

The Owls will get some rest before heading into their semi final match of the MASCAC tournament which will be held on November 6 at Alumni Field.

Zach Carlson, 8, has helped the Owls to a regular season MASCAC championship. The junior midfielder picked up first assist of the season in the 38' of the Owls most recent game against Mass. Maritime.

Scores of Past Owls Athletics Events

Friday, October 30th
M Ice Hockey vs WNE W 6-2
M Soccer at Mass. Maritime W 2-0

Saturday, October 31st
Field Hockey at Worcester State W 3-2
M/W XC at MASCAC Championships 2nd/1st Place
W Vball at Mass. Maritime 12:00 pm W 3-0
2:00 pm W 3-0
W Swimming at Smith College Relays Non-Scoring
Football vs Ftichburg State L 7-13
W Soccer vs Mass. Maritime W 5-0

Tuesday, November 3rd
M/W Soccer MASCAC Quarterfinals
Field Hockey LEC Quarterfinals

Wednesday, November 4th
W Vball MASCAC Qfinals

Upcoming Owls Athletics Events

Thursday, November 5th
M Ice Hockey vs Salem State 7:35 pm
Field Hockey LEC Semifinals

Friday, November 6th
W Soccer MASCAC Semifinals
M Soccer MASCAC Semifinals

Saturday, November 7th
Field Hockey LEC Championship (TBD)
M/W XC ECAC Championships
W Vball MASCAC Semifinals/ Championship 12 pm/2:00 pm
W Swimming at UMass Dartmouth 12:00 pm
Football at Worcester State 12:00 pm

Sunday, November 8th
M/W Soccer MASCAC Championships

Wednesday, November 11th
W Swimming vs WNEU 6:00 pm

Owls lose low scoring game on Senior Day

Senior Marcus Pettigrew, 8, and Junior John Ollari, 40, both make a tackle against Fitchburg running back Jordan Almore. The Owls defense allowed a season low 13 points in the loss.

Mike Barry
Sports Editor

This past Saturday the Westfield State football team suffered a heartbreaking loss to MASCAC rival Fitchburg State. The game went down to the wire as Fitchburg scored a touchdown with just six seconds left to win 13-7.

With the loss the Owls fall to 2-6 on the year with a 1-4 record in the MASCAC. This team was on the wrong end of a lot of close games and had a few things gone their way, we could be looking at a completely different team.

The game started slow and never truly picked up steam until late in the second half. Both teams played strong defense, making it very difficult to create anything offensively.

Fitchburg were able to throw the ball effectively, but were unable to turn it into many points. They out passed the Owls 269 to 171, but weren't able to turn much of it into points.

Finally scoring in the forth quarter, Westfield running back Travon Holder punched in a one-yard carry for six. This capped off a seven play, 61 yard scoring drive for the Owls. With the way most of this game had gone, it seemed like 7 points would be enough to seal the victory.

After a fumble by Travon Holder on the Westfield 20-yard line, Fitchburg recovered the ball in the red zone setting up a perfect chance to score. Six plays and 53 seconds later, Fitchburg was on the board when quarterback Garrett Dellechiaie hit tight end Devin Summiel for the score. After an extra point the game was tied and the pressure was now on Westfield to respond.

Westfield had the ball two more times offensively and was unable to get anything together. After a Westfield punt, Fitchburg had the ball on their own 28 yard line and once last chance to take the lead.

On the first play of the drive Dellechiaie hit Summiel again this time for a huge 18 yard pass play. Fitchburg then strung together three plays of 9 or more yards that brought them all the way into the Westfield red zone.

Two plays later, Fitchburg took a time out with just 11 seconds left. The Owls defense needed to stand strong to force this one to overtime. On the next play Fitchburg completed a 15-yard touchdown pass, sealing the victory.

Senior captain linebacker Marcus Pettigrew was named MASCAC defensive player of the week for his performance in the loss. Pettigrew played lights out recording 15 sacks, four of which were for a loss. On top of that Pettigrew had a sack, a forced fumble and two fumble recoveries.

Hats off to Pettigrew and the rest of the seniors as they've played their final game at Alumni stadium. The Owls play again this Saturday at conference rival Worcester State.

Intramural Standings

Co-Ed Volleyball

Team	Wins	Losses
Backdoor Bandits	5	0
Fresh Meat	3	0
Avengers	4	1
Premature Shooters	4	2
Football FC	3	2
Sets on the Beach	2	3
Baugaz	2	4
Westfield Walks	1	4
Bye Week	0	5

5v5 Basketball (Skilled)

Team	Wins	Losses
Bucks	2	0
Man Dimes	1	0
Dirty Tim & The Boys	0	2
Coughing Owls	0	1
LGS	0	1
Raw Dogs	0	0
Backdoor Bandits	0	1
Step Dads	0	2
ESPN Lies	0	1
Team Money	0	0
Hit It & Quit It	0	1
Octopus C's	0	0
Moose & The Boys	0	0

5v5 Basketball (Highly Skilled)

Team	Wins	Losses
Straight Outta Lowell	1	1
Smoking Aces	1	1
The Vets	1	1
Prospect	1	1
Let's Work	1	0
Spartans	1	0
HYFR	0	1

Soccer Co-Ed

Team	Wins	Losses	Ties
Doesn't Mata	5	0	1
Bucks	3	1	0
Oedipus Complex	2	0	2
Space Monkey Mafia	1	1	2
Blood-Bath & Beyond	1	1	0
Jimminy Kick-Its	1	2	0
Leah's Choker	1	2	0
Sets on the Beach	1	4	0
Bend it like Beckham	0	2	1
Hooters	0	1	0
Moose & the Boys	0	2	0

Men's Soccer (Highly Skilled)

Team	Wins	Losses	Ties
A.M. Lumber	2	1	2
Below Average	2	0	1
Voley Dohaeris	1	1	3
Octopus C's	2	3	0
Backdoor Bandits	1	1	1
Premature Shooters	0	2	2

Men's Soccer (Skilled)

Team	Wins	Losses	Losses
FB Boys	4	1	0
Dead Beat Creep	3	2	0
Stanley Park Rangers	2	1	2
SYG FC	2	1	1
Football Club FC	2	2	0
Win or Lose We Still Booze	2	2	0
G. Vegas	0	3	0
Bye Week	0	2	0

Owls drop Worcester in straight sets in quarterfinals

WSU Athletic Department

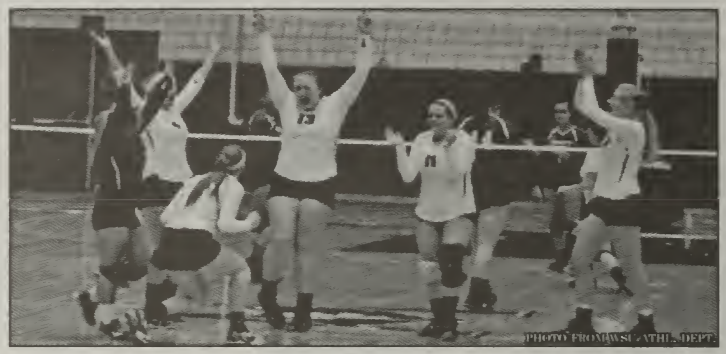
PHOTO FROM WSU ATHL. DEPT.

Westfield State University had three players in double figures in kills as the Owls attacked their way to a 3-0 victory over Worcester State University in the quarterfinal round of the MASCAC women's volleyball tournament.

Number three-seed Westfield State improves to 15-15 overall, and the Owls will travel to North Adams, Mass., on Saturday to partake in the semifinals, and potentially championship game, all hosted at Massachusetts College of Liberal Arts. The)wls will face #2 seed Framingham State at 2:00 p.m. am in the semifinals. Top seed Mass College will face #4 Bridgewater in the other semifinal game at 12 noon.

Tonight for Westfield, seniors Kendyl Haney (11 kills), Casey Howe (11 kills) and Shannon Shea (10 kills) defended their home court one last time in powering the Owls to the win.

The first two games were very close, with Westfield edging the Lancers by a 26-24 score in the first, rallying from an early 6-2 deficit.

Worcester led 23-22, but kills from Haney, Shea, and finally Casey Doremus accounted for three of the last four points for Westfield.

Westfield again held Worcester at arms' length in the second game, with a 25-23 score, and the Owls claimed the third game by a comparatively easier 25-17 margin.

Shea added 12 digs to go with her 10 kills, while Howe posted a strong .435 hitting percentage and totaled five blocks in the match. Sophomore setter Courtney Ryan had 32 assists, and freshman libero Lizzie Taylor led the Owls with 22 digs.

For sixth seeded Worcester State, Jennifer Cabral was the lone hitter in double figures with 13 kills.

Jamika Townsend had 23 assists and five kills of her own, with Valerie Hoyle adding seven kills. The Lancers complete their season with an 11-16 record.

Jon Jones returns to UFC with revamped career

Jack Corsi
Sports Editor

The journey to redemption for a man like Jon Jones has been a long one, but he is on his way back to the octagon and looks to be ready for another reign.

Jones has had a long road back to the UFC after the controversy from months back. Many believe Jones is in a sticky situation, myself included, but it's time for a return.

Jones was involved in a hit and run incident in New Mexico back in April. Jones pleaded guilty and was sentenced to 18 months of supervised probation. He was also given 72 outings of charity work, and as long as he keeps up with it, he will not receive a felony. At the time the UFC suspended Jones indefinitely, stripped him of his title and removed him from the rankings.

Jones never lost his title; he should be the first in line. Sorry Anthony Johnson but Jon Jones is the number one contender. Maybe we see a fight between Jones-Johnson for the right to fight Daniel Cormier. But I stand by the fact that Jones never lost, he should be the first one to receive a shot, and put it in a loaded card.

Speaking of Cormier, he and Jones have zero respect for each other. Another build-up is looming and that means fireworks upon fireworks. These two men will do anything to get at each other's throat. It' should be a fight to remember, or at least a fight better than the first one they had.

Jones steps back into a division loaded with guys who are fighting in their prime. If Jones is able to regain his title, he will have a number of high price fights. Anthony Johnson, Alexander Gustafsson and Ryan Bader would be just a few of the names looking for a shot at him if he is to win the belt back. I am very intrigued by the rematches with Gustafsson and Bader, two fights that could have gone either way.

Jones's return is huge for the UFC. Dana White has been running out of stars and cannot rely on Ronda Rousey and Conor McGregor for much longer, even if they continue to win. Jones was the star they had and lost. But superstardom will never leave Jones, he's "the guy". "The Guy" could even be known as "The Bad Guy". A villain the UFC hasn't had since they lost Brock Lesnar.

So now we just play the waiting game. We wait for the announcement of Jones-DC 2. I'll even settle for Johnson-Jones then see Jones-DC. The excitement for fight fans is going to be at an all-time high. The UFC has its poster boy back.

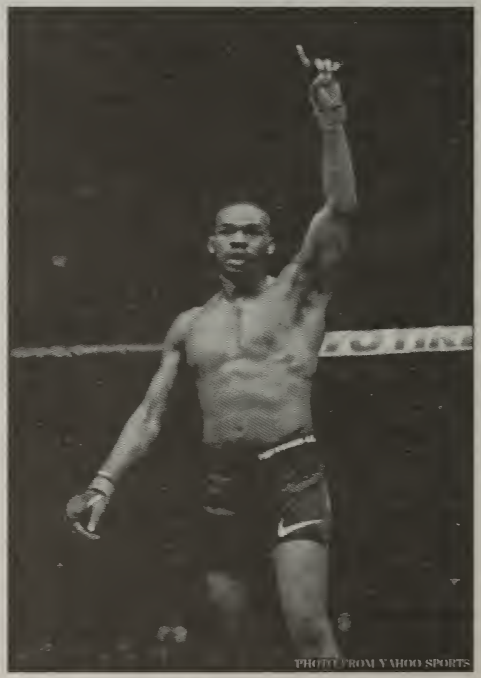
PHOTO FROM YAHOO SPORTS

The Inactive List

The NFL was decimated by injuries in recent weeks, but what does this mean for the remaining regular season?

Steve Smith suffered four broken bones against the Steelers this Sunday and at 36 years old, many wonder if he can completely recover.

Devin Bates
Voice Reporter

It should come as no surprise to most NFL fans that injuries have been a major storyline this season; they always are. Since the league's inception in 1920, generation after generation of fans have had their hopes crushed by a torn ACL, a nasty helmet-to-helmet collision, or the always gruesome "that leg is not supposed to bend that way!"

Injury is as much a part of the National Football League as flopping is in basketball, or as fighting is in hockey. How could it not be? Despite how many changes the league introduces to try and legislate this violence out of America's new national pastime, the simple fact is that NFL football is 22 men on a field doing whatever they can to leave with a valuable win, and it's why we love it.

Throughout the past few years, however, injuries in the NFL have increased in severity and frequency, becoming an issue that extends far beyond the field of play. All of this seemingly came to a head in this past week of action; a week that saw Steve Smith, Le'Veon Bell, Matt Forte, Reggie Bush, Cameron Wake, and Ricardo Lockett all suffer season-ending injuries.

That who's-who list of unlucky great players comes on the heels of a first half that saw the likes of Jordy Nelson, Tony Romo, Dez Bryant, Ben Roethlisberger, Arian Foster and Jamaal Charles all at least miss significant time, if not worse. It's been a rough year for the league, but it also poses a much bigger problem that offers no easy solution.

The story of violence and the NFL is one that has been increasingly well documented as more attention is being paid to player safety in recent years. Perhaps coming to a head in 2011 when the first concussion-related lawsuit was filed against the NFL. Since then, the league has taken steps such as moving kickoffs forward 5 yards and stiffening the penalties that result from headshots.

While these steps certainly had good intentions, weeks like this past one have proven that the horizon is still unclear for the league. Millions of people were watching live as Ricardo Lockett went to the ground completely limp in a nationally televised game, an injury that for a few minutes appeared as though it could be life-threatening. Any time it is considered good news that a player only got a concussion and required neck surgery, that's really bad.

On top of all this, the increase in leg injuries may partially be attributed to the NFL trying to legislate head injuries out of the game, a sentiment that many current defensive players agree with. In 2013, D.J. Swearinger put a brutal hit on then-Houston Texans tight end Dustin Keller that blew out his knee, and after Swearinger said "you know, with the rules, I had to go low. And that's something that I'm going to start doing now, you know, just to play within the rules."

It seems that with every bit of tinkering the NFL does with its rules, another problem arises that it has to answer. Why shorten kickoffs when returns are so exciting? With all these rules against the defense will the NFL eventually just be a flag football league?

At a glance, seems as though commissioner Roger Goodell has found himself in a Catch-22, but for the NFL, ratings continue to soar and money keeps lining owner's pockets, so is there really any need to address anything yet?

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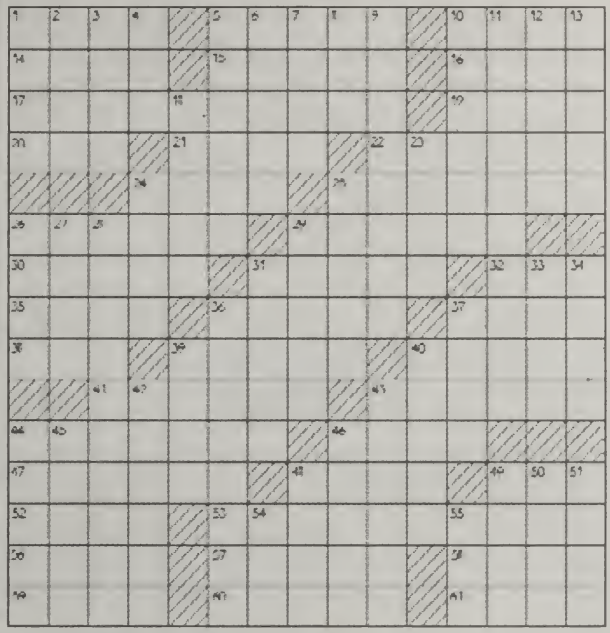


ACROSS

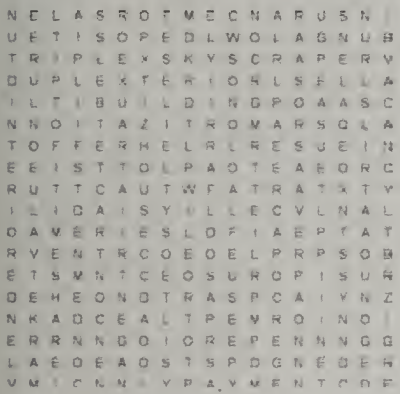
1. A cook might wear one
6. Black, in poetry
10. Unrestrained revelry
14. Wavelike design
15. Soft drink
16. Part in a play
17. Sea eagles
18. Den
19. Bright thought
20. Mediator
22. Equipment
23. A parcel of land
24. Negatively charged particle
26. Flower part
30. Frequently
32. Sensational
33. A permissible difference
37. Ear-related
38. Not over
39. Tailless stout-bodied amphibian
40. Warranty
42. Antlered animal
43. Law and _____
44. Not brighten
45. Adhesive
47. Mayday
48. After-bath powder
49. A payment of money
56. Savvy about
57. Trudge
58. A part of the small intestine
59. Break
60. Small island
61. The language of Persia
62. Arid
63. Require
64. Hoar

DOWN

1. Ends a prayer
2. Minute opening
3. Jewelry
4. Chocolate cookie
5. Snuggled
6. Panache
7. Ship
8. Hodgepodge
9. Storyteller
10. Creator
11. Cowboy sport
12. Gather
13. 365 days
21. Charged particle
25. Not used
26. Plod along
27. Ballet attire
28. Diva's solo
29. Used to see small things
30. Not younger
31. Run away
33. Initial wager
34. Cozy corner
35. Carryall
36. Biblical garden
38. Support from beneath
41. Paintings
42. A breed dog
44. Point
45. A fabric resembling velvet
46. Communion table
47. Aligned
48. Throw
50. If not
51. Infiltrator
52. Winglike
53. Roman emperor
54. Swear
55. Send forth

Maze

Real Estate



AGENT
AMORTIZATION
APPRAISAL
ASSESSMENT
ASSET
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BUNGALOW
BUYING
CLOSER
COLLATERAL
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CONDO
CONTRACT
CREDITOR
DEED
DEPOSIT
DEPRECIATION
DUPLEX
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Fri 8 a.m. to 6 p.m.

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Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

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Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
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The Westfield Voice

FRIDAY, NOVEMBER 13, 2015

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Lieutenant St. George presents active shooter training to the Student Government Association

Ryan Caulfield
SGA Correspondent

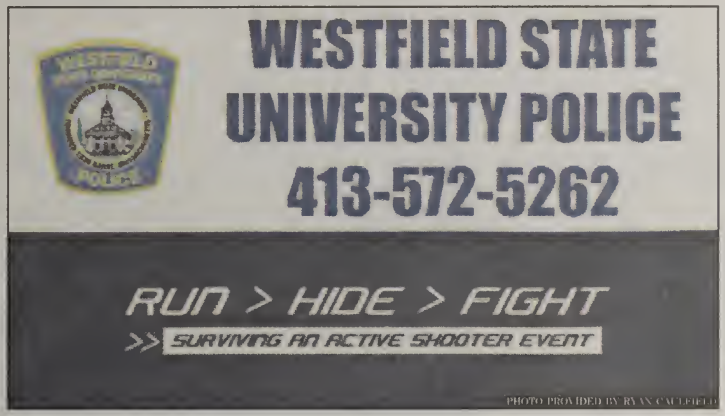
While the latest Student Government Association meeting ran for more than two hours, the senators saw an empowering presentation from Lieutenant Bernard St. George on how students and faculty can survive in the event of an active shooter.

Along with the presentation, the American Choral Directors Association (ACDA) chapter at Westfield State University was denied funding for two club events due to SGA senators' concerns over the lack of representation of (ACDA) members at the meeting.

Before the presentation Lieutenant Bernard St. George said that he has been at Westfield State for four years and has worked at colleges for 19 years. He said training for active shooter and imminent threat situations on college campuses and in other places are taking place all over the country but are not considering the most important part of the training.

"We're missing the big piece of the training, and that piece is you the students and other personal we serve," St. George said.

He said the program has evolved since its creation and that all the feedback from the presentations this semester has been nothing but positive.



The Department of Public Safety trains the Student Government Association on active shooter situations at Tuesday's meeting.

The presentation started with a real world example of Alexander Ciccolo, who was arrested on terrorism-related charges on July 4 in Adams Mass. for plotting to attack a state college campus with a pressure cooker bomb and planning to then live-stream the execution of students online.

"That all happened right here in the Berkshires, and while he never specified which state school he was going to attack, it could have very well been Westfield State," St. George said.

St. George then defined what an active shooter is, saying it is an individual actively engaged in killing or attempting to kill people in a confined populated area. He said that most shooters are carrying firearms with an unpredictable method of attack.

He went on to discuss different statistics on active shooters, highlighting two important percentages. St. George said that 62% of active shooters are between the ages of 13 and 19 and 80% of on-campus shooters are current or former students.

He showed the senators two videos about how they should respond to active shooters and responding officers if an event should arise.

The first video demonstrated a three-step process to survive an active shooter event. The three steps were to run away from the scene as quickly as possible if you are not near the shooter's sight, hide in a quiet, locked off space if you can't escape the shooter's line of sight, and to finally fight the shooter as a last resort.

The second video went into the tactics of the fighting step by step. The video instructs that the best option is to have everyone in the room be at the sides of the entrance when the shooter enters. The video then says to gang up on the shooter by attacking the insides of the kneecap, pulling the arms downward, and throwing things at them to ultimately pummel the shooter to the ground to stop the shooting.

The senators in the room were shocked to see how effective the take down techniques were.

"Run, Hide, Fight. That's like a bumper sticker; it's easy to remember," St. George said. He also said that the campus police number, 413-572-5262, would make the officer responding time quicker because they are only two minutes away in comparison to the Westfield Police

see **CAULFIELD** *on page 13*

In this week's issue

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Go Global
Voice Vault
RHA
A&E pages 10-12
'Knowing to Cook'
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Gail's Guidance
Horoscopes
Sports pages 14-17
Men's Hockey
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Fall Sports Recap
Boston Bruins
NFL Recap

The objective student press of Westfield State University

VOLUME VII, ISSUE VIII

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FRIDAY, NOVEMBER 13, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
Students now can access on-campus dining information with a new mobile app. One of the more prominent features of the app gives information on guest traffic.

The Harvard Crimson,
HARVARD UNIVERSTIY
Students who have previously served in the U.S Armed Forces led the "Harvard Military History" tours to commemorate Verrans Day. the tour was led by military veteran Spcialist J. Holden Gibbons.

The Daily Campus,
UNIV. OF CONNECTICUT
Over the next two years, there will be $1.8 million in budget cuts to the UConn library system. The cuts are a result of lack of fundung from the state.

The Daily Orange,
SYRACUSE UNIVERSITY
After being alarmed by Yik Yak post, a SU student reported the comment to the Department of Public Safety. The comment was made by a former SU student who was arrested.

RESIDENCE HALL ASSOCIATION

Residence halls give updates at last week's General Board meeting

Gina Muller
Layout and Design Editor

The Residence Hall Association General Board disscuss the state of each hall as well as upcoming events sponsored by RHA.

At last week's general board meeting, upcoming events such as the fall banquet were discussed. The end of the semester banquet will take place on Dec. 10 from 7 p.m. to 8 p.m. The purpose of the end of the semester banquet is to reflect on how well the first semester went for each residence hall and the RHA as a whole.

Each residence hall was requested to submit photos from hall events throughout the semester, which are to be shown at the banquet. The deadline for photo submissions is Nov. 19. The theme of the banquet will be flannel.

Representatives from each hall gave an update of their hall from the last general board meeting.

Courtney Hall—The classroom for the Active Shooter event is booked. The event will take place on Nov. 16 and will start at 8 p.m. Also, building charges have been decided. Bathroom charges will be by gender, and building charges will be by RA section.

Lammers Hall—The Fall Extravaganza event took place Nov. 12. There was a pie eating contest and apple cider.

Dickinson Hall—New pool sticks need to be ordered for the pool tournament event. The date for the event is to be determined.

Davis Hall—Nov. 23, will be the Thanksgiving dinner event at 6 p.m. It is first-come-first-serve for 50 people. Hall charges are still rising.

New Hall—Residents view the new pool table favorably. There is to be a cookie decoration event. The date is to be determined. Charges were voted on and will be by floor.

University Hall—The scary movie event was successful with over 60 people in attendance. Hall council is currently working on a "pie an Ra event." The date is to be determined.

Lansdowne Place—Hall council is currently trying to work on an event that will better utilize the floor space on the bottom floor.

Lauren Grams, vice president, introduced the new t-shirts with the RHA logo. The shirts are to be worn at each RHA sponsored event from this point forward.

GLOBAL CONVERSATIONS

Study abroad student talks about hidden treasures in Florence

Haley Batchelder
Voice Columnist

PHOTO FROM MSOE.EDU

"Every second is a dream come true," said senior communications major Nikki Primeau about the semester she spent in Italy.

Primeau spent the 2015 spring semester studying at Florence University of the Arts in Florence, Italy. And while she valued the experience the university provider her, Primeau had a lot to say about the Italian lifestyle and the hotspots that any study abroad student must check out.

While in Florence, Primeau made sure to explore the city. As a result, she was able to provide some of her favorite restaurants, clubs, and hang out spots that every student should check out while in Italy.

For late-night snacking desires, kebabs, a dish of roasted meats and vegetables served on a skewer, are a hit.

According to Primeau, kebabs are extremely popular in Italy and can be found in every corner until at least 3 a.m.

A small restaurant named Pino's serves the best Panini at the prince of only four euros.

To top off a delicious Panini, Primeau raves about Santa Trinita Geletario, her favorite gelato spot.

"Never be afraid to try the weird flavors such as pistachio and sesame Nero," Primeau said, "these flavors are life changing!"

Primeau also experienced Florence's nightlife and said she knows all the best places to go to have a good time.

Most study abroad students start off hanging out at the Lion's Fountain, which is an Irish Pub.

Once students become more acquainted and comfortable with the Italian culture, Primeau would suggest some other hot spots, including Naima, a lively bar with affordable prices for students.

Another Primeau recommended is Red Garter, an all-American bar and restaurant with karaoke and dancing.

Primeau said that there are countless other bars that create a lively environment for students looking to have a fun night out.

In regards to the lifestyle in Italy, Primeau stressed the relaxing, laidback environment.

"There is more time to sit and drink a cappuccino in the nearest café—more time to blog and appreciate the city and its history," Primeau said.

Primeau recognized the tendency of people in the U.S. to always be on the move, looking towards the next task.

She appreciated the ability to abandon this lifestyle for a few months.

Upon returning to Westfield, Primeau aims to maintain this lifestyle, aiming to "work hard and relax harder."

She is much more focused on getting schoolwork done so that she is able to have the down time she learned to appreciate while in Italy.

"I really enjoyed the lifestyle in Italy and being able to have free time," Primeau said.

Primeau said that she continues to push herself to implement these time-management skills into her habits here at Westfield State.

Having stayed an extra month in Italy past her study abroad experience, Primeau encourages any student that is even a bit interested to take advantage of the opportunity.

"It is scary at first," Primeau said, "but all you have to do is take one step off that curb and you'll see a whole new world out there ready for you!"

Westfield State supports and honors student veterans

From Press Release

Westfield State University has always proudly supported the education goals of its active military personnel, Guard/Reserve, veterans and family members. In recognition of Veteran's Day, the university will honor its veteran students with two events: a film screening of "The Borinqueneers" on Thursday, November 12 and a campus-wide event on Tuesday, November 17. Westfield State currently has 124 veterans, 86 Guard members, and 45 students who are family members of veterans and receiving military benefits.

One university benefit is the services provided by the Veterans and Military Services Coordinator (VMSC), who acts as an advocate and university resource for military and veteran students.

The coordinator, who also serves as a Veterans Affairs (VA) certifying official, helps to assimilate service members into the campus community, keep military students on track for graduation by verifying courses, and ensure that all military students and veterans receive the benefits to which they are entitled and that all benefits are used correctly.

The role of Veterans and Military Services Coordinator has never been more important as veterans across the nation are returning to civilian life seeking higher educations. According to a study by the Student Veterans of America, an organization which strives to provide veterans with the support and resources to attend and succeed in post-secondary education, and USA Today's subsequent report on the study, one in three veterans who attended college from 2002 to 2013 earned a bachelor's degree or higher. Additionally, 51.7 percent of veteran students completed schooling ranging from vocational training to post-graduate degrees.

A student veteran celebrates after receiving his diploma at Westfield State's 2015 Undergraduate Commencement.

"The Borinqueneers" is an award-winning documentary on the history of the all-Puerto Rican 65th Infantry Regiment, the only Hispanic-segregated unit in Army history and its significant participation during the Korean War. They are recipients of the Congressional Gold Medal, the highest civilian honor bestowed by the United States Congress. The film will be presented from 6- 8 p.m. on Thursday, November 12 on Dever Stage in Parenzo Hall. The screening is free and open to the public. For more information on the film, visit http://borinqueneers.com.

Filmmaker Noemi Figueroa Soulet will attend the event and answer audience questions. Soulet will be accompanied by 65th Infantry Veteran Eugenio Quevedo. Born in Sabana Grande, Puerto Rico, Soulet was raised in Spanish Harlem and has a degree in Education from New York University and a Certificate in Digital Filmmaking from SUNY Westchester Community College. She has produced numerous short films including "The Priest's Wife," "The Paramount Movie Palace," and "Surviving the American Dream."

On Tuesday, November 17 at 3:30 p.m., a Veterans and Military Appreciation Event will be held in Wilson Hall Savignano Auditoriums A and B. There will be a posting of the colors ceremony by the Westfield State University Color Guard and a singing of the National Anthem by a Westfield State Student. Representative John Velis will speak as well as Student Veteran President Charles Towse of Westfield. Bryan Doe from the Springfield Vet Center will present his lecture, "From the Combat to the Classroom." In addition, there will be a Student Veteran Panel.

Throughout the day from 8 a.m. to 2 p.m., there will be tables set around campus with refreshments for the university's military, veterans, and family members as well as a banner for all to sign.

The tables are scheduled as follows:

8:00 a.m. – 10:00 a.m. – Wilson Hall
10:00 a.m. – 12:00 p.m. – Ely Campus Center
12:00 p.m. – 1:00 p.m. – Banacos Center
1:00 p.m. – 2:00 p.m. – Horace Mann

The Veterans and Military Appreciation Event is free and open to the public. For more information on student veterans services offered by the university, please contact Lisa Ducharme, veteran and military coordinator at 572-5227.

If You Have An Idea, Thought, or Criticism, Please Send A Letter To The Editor To thevoice@westfield.ma.edu And We Will Publish It In The Paper.

from the voice vault

*This article was published in the **February 7, 2014** issue of* The Westfield Voice

The Seventh Side

Your weekly dose of satire

Sind T. Zelony
Not an A&E Editor

Dear Beloved Printed Content Consumers,

Normally, this humble column would be devoted to pressing issues such as last week's horse slaughter and the subsequent glue surplus that is plaguing our communities (think of what we are teaching our children), but I have recently received word of more important, and certainly more cheerful, news.

If you were a resident of a hall on Westfield's campus and drink the tap water regularly like I do, then you might have (or perhaps it's simply in your head) noticed a slight change in the taste. Personally, I think it's due to a change in the season, or Obama did something. On a completely unrelated note, residential students received an e-mail on the 29th which stated to "Please review the information below regarding campus water quality" and later in the email that "While we had no direct control over this unfortunate situation, we expect that these issues are now resolved." This of course is, as you have all hopefully have made yourselves willingly ignorant of by now, talking about a problem in which some students' hair would turn green when trying to dye it. There were a few complaints, but people got used to it. I mean, hey, everyone's doing it these days, whether you want to or not.

Back then, we were also told the water was safe to drink (when I did my tally I bled the same amount as I did when I was drinking the regular tap water), and I have every reason to believe the authorities on this, because some of the people they know drink the tap water too. So it's mostly the green that is the "issue" here (I don't see the reason for the protest, such things build character).

Nonetheless, this is not what the people want, and so they have been answered. A new filtration system has been installed and, "The water has been recently tested in several residence halls and testing results are now within acceptable limits." So luckily, for those of you who aren't huge fans of punk music, you can now enjoy other dyed hair colors in our futile attempts to be considered different while still maintaining your conformity to some larger aspect of society. Now for those of you who want to ride the green wave to Funky Town like I do, there are a few solutions that I have come up with (or down with, depending on your perspective).

1) Boil down the water and concentrate it to its purest source. "Acceptable limits" doesn't mean anything. Heck, they could've just raised the limits when we weren't looking. Have faith, and the chartreuse hair rivers will come.

2) Try a sampling of every dorm's water. Now at Westfield, wine-tasting parties are incredibly hard to put together and against dorm policy in most cases. Tap water tasting parties, however, are much easier to put together. Get several large bottles filled with tap water from each dorm and then pour into champagne glasses, making sure to label each one. The e-mail said they tested water from several dorms, not every dorm, so there is hope for you yet. Although, do note to be careful when washing the glasses beforehand, so as not to taint the purity of each sample.

3) Find whatever water you can that might have been stored from before. Whether it's in ice form, that water bottle that's been sitting out for a couple of weeks, or standing water from other sources, collect it and store it up for harsh times.

I hope these solutions help you, and once again I give my thanks for those were on this task and took to it their finest attention to detail and efficiency.

Yours in insincerity,
Sind T. Zelony

*This article was published in the **November 1, 1993** issue of* The Owl.

SGA Approves WSKB Cash for Trip

Last Tuesday, October 26, the Student Government Association reversed its decision of two weeks ago not to give WSKB an addition $302.08 for a trip to a music convention in New York City. The motion, made by sentator's Kevin Cross and Chris Sault, passed by nearly as narrow a margin as the motion two weeks prior.

The senators said they decided to make the motion after Treasurer Jen Salmon stated that S.G.A. had approximately $9,000 left over from last year's budget. The money was subsequently placed in the account for clubs.

"We've got $9,000 extra, I think we can afford to give them $300," said Cross. After a brief debate, Senate voted on the motion. It passed 34-27.

"I'm very glad some senators saw things our way," said Steve Jewell, General Manager of WSKB. "I hope Senate doesn't think its a waste of money," he added.

During discussion of the motion, some senators mentioned that the decision should not be reversed because the motion had already been denied.

"I was surprised that the legislature decided to reverse the original decision," said Ted Christ, S.G.A. president. "Although I don't agree that the legislature shouold contradict the suggestion of the Finance Committee, it is the legislature's right to do it and I recognize it is part of the process."

Christ also echoed a point one senator raised about WSKB not conducting a fundraiser for this event insead of simply asking Senate for money.

"As all clubs are supposed to so ... fundraising should and must be done in order to use student monies to finance trps," Christ said. "The S.G.A. allocates approximately $20000 a year to clubs, WSKB was given an inproportionate amount of that, what would be about 1/4. I don't think that was something that was considered."

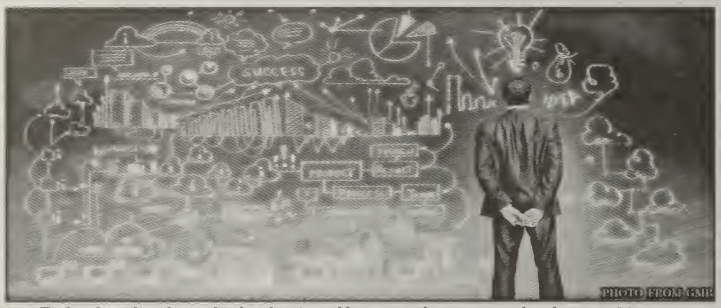
Jewell commented that the normal fundraiser they do for the convention fell through this year, and the station only learned of this in September.

"We've only had a month and a half," Jewell explained. "We're trying to make the radio station the best we can with what we have. This money will help us more than they can realize."

opinions & editorials

FRIDAY, NOVEMBER 13, 2015 RACE RUGH, EDITOR

Today's technology compromises basic human functionality



Technology has been the focal point of human advancement for the past 30 years, but is it a positive advancement? Only time will tell for our future generations.

Nathan Godord
Voice Reporter

From the very beginning, humans have been inventing forms of technology to suit the needs of their particular circumstances. From the invention of the wheel, the bow and arrow, agriculture, etc, forms of technology have been made to help us survive the harshness of this world.

Even today technology is based around making tasks easier and more efficient to give comfort and leisure to the user. The world has changed drastically since the invention of the wheel and primitive tools, but in the end, how much has actually changed?

To maximize the efficiency of factories, automated systems are largely used, replacing human hands and cutting the time it takes to create the product(s) in half (at least). Machines are programed using computers, and these computers have undergone evolution as well.

These innovations overall are positive to society as well as to the businesses that use them. And innovations like these have been sought after throughout history. But is there a point where there innovations become detrimental to society? I believe there is.

The United States of America is famous for a great many things, some of which we perhaps shouldn't be proud of; however, on the whole America is still arguably the best country in the world.

This country has many flaws, and one of its flaws is the fact that its people cannot do anything in moderation. Much of this comes from our culture, as we pride ourselves on being a land of plenty; however, "the more the merrier" doesn't do us justice when it comes to our reliance on technology.

I should say, it is not just the United States. But, because I have only lived here, I feel as though I can only speak from the perspective of a citizen of this country. The reliance on technology to communicate, to remember, to work, and even to think is staggering. The advent of the Internet is a huge and wonderful thing, but it has cons.

There is a wealth of knowledge at our fingertips and a search engine that guesses our thoughts half way through words, even correcting our spelling in the process. The demand for instantaneous results has never been greater. Being able to message a friend miles away while ignoring the life forms directly around you has become increasingly easier.

What is technology doing to our cognitive ability? It can be argued that technology does wonders for us (i.e. information on the Internet). But perhaps because information is so easy to get, and because we desire to absorb it as quickly as possible, people want it to be heavily condensed and dumbed down. Before the Internet, research projects required students to find books and read encyclopedias, novels, and various narratives to find what they are looking for.

The information was not handed to them in a condensed web page; the information was something you had to look for, and while you were looking for it you learned a great number of other things along the way. This is the reason why so many students hate writing essays and other documents that require more than a page of writing, for they do not like to do the reading required. Writing and reading as skills go hand in hand.

Writing by hand is a very much different and comprehensive exercise of your cognitive functions. With the advent of computers, the need to write by hand for most official documents is gone.

There are many newspapers that have articles that aren't even written by authors anymore, but are stories with information that is formulated by a computer program, so that every newspaper story has the same structure and neutral tone of voice.

We have come to a point where, the technology used manually for practical purposes is now done by the press of a button. There are fewer skill-based jobs that require higher cognitive and physical functions than there were many years ago.

I believe there is a limit to how reliant on technology we should be. And this is coming from an individual who is writing this article using a computer and is also an avid gamer. It is true that the internet provides us with avenues of communication and online communities that can create some beautiful things.

It allows many of the world's most brilliant minds to collaborate from places far apart. It allows global trade to be possible on a grand scale. The technology that we see today is nothing compared to what we may see in the next five to ten years perhaps, and these innovations will never cease to amaze us. But how far is too far?

It is not for me to say, as I do not know, honestly. But I believe a limit exists though many others do not. Many believe that it is human nature to innovate, and I cannot argue with that. And perhaps it is humanity's time to evolve how we communicate. So the times are changing, and perhaps we must change with it, for better or for worse. I would not want to stand in the way of progress which could benefit the world.

I am, however, concerned about how highly advanced technology will affect future generations' ability to function, both physically and mentally.

Active Minds is available for counseling and facilitation

activeminds
changing the conversation
about mental health

Danny Kochanowski
Voice Contributor

When it comes to discussing some of the issues surrounding mental health, uncomfortable feelings naturally follow. Unfortunately, the level of discomfort within certain subjects leads them to be ignored, which ultimately results in larger issues going unsolved. Mental health then becomes a taboo.

Negative issues exist both in our society and on a global scale, and temporary discomfort is worth experiencing to help overcome these issues. Suicide is one of these issues.

In helping lead the attack against mental health stigma on my campus as an officer in Active Minds, I've been reading vastly about the correlation between college students and suicidal ideation.

This has been such a tough subject to tackle both personally and as a campus. Even for those of us who do not struggle with suicidal ideation or are triggered by the topic, it is never something easy to ponder. Many of us have struggled. Many have family or friends that have struggled. Many like to take the subject and push it out of conscious thought because well, let's face it, it's not an easy subject to think about.

Unfortunately, ignoring it won't make it go away. Speaking specifically for the college population, suicide is the second most frequent method of death. According to recent studies, somewhere between seven and eight percent of both undergraduate and graduate students have seriously considered suicide. Counting the students who were probably too afraid to answer truthfully (this is speculative, of course), we're close to a one in ten statistic.

Take this campus for example: there are about 7,000 students including graduate students. That's 700 students within one calendar year. Imagine a larger campus, a campus where the numbers are above average, or even more horrifically, a campus without proper resources. Unfortunately, this isn't over exaggerated; this is a real issue that plagues people on a daily basis.

So the obvious next question is, what can we do to stop this?

Education is always the most effective way to start any movement. If we are aware, we can work forward effectively. But how do we tackle such a morose subject? Simply pushing imagery of students tackling their respective stresses and mental illnesses is a good start, but it is not sufficient. Personal stories are important tools to gain insight and perspective, but it is not the ultimate solution in terms of amelioration.

The research is very encouraging. Our answer is optimism. Hirsch's 2012 study comparing the Life Orientation Scale with the Beck Inventory on Suicide showed us this. Controls were set for gender, exact symptoms, feelings of hopelessness, and more. The results were very clear: levels of suicidal ideation and education by improvement and optimism were extremely negatively correlated.

Telling stories of those who have spent days in bed pondering death, those who have swallowed that bottle of pills, those who have tied the noose and lived to breathe another day are the most effective stories to tell because they provide a level of hope that is so often absent in those struggling. It gives us the message that it can get better even in the worst, most hopeless of situations.

Rather than hearing it and letting it pour in one ear and out the other, we see a personal, living, breathing example of it. It is profound when you think about.

Stories of those who happened to lose the battle with suicidal thoughts are just as important; I really want to clarify that their stories matter just as much. We should always lend an ear to these stories of struggle for the purpose of education and more importantly, of becoming more understanding and empathetic human beings.

This optimism goes so much further than secondhand stories. How else can we reinforce education via survivors? We can acknowledge the many facets of therapy that encourage positive thinking, we can be a little more open minded to that scary new medication, and we can push our comfort zones a little past what we are used to.

I realize this is far easier said than done. I've been in that state of hopelessness and despair and at those worst times, who has the energy to be this positive? My response to that is that the tiniest glimmers of hope are worth seriously acknowledging.

I remember one night where I was so horribly depressed and there was a lightning storm outside. I thought about the rain pouring and the birds chirping outside by the time dawn came, and while I did not see a decrease in my suicidal thoughts nor an increase in mood, I was able to hang on to the hope that these birds and the simple sound of rain could lead to something better. And sure enough, they have.

The bottom line is this: suicide is a tough subject for anyone, even for those of us who are comfortable on the topic.

If we can talk on the small slivers of light in the seemingly omnipresent darkness, the birds in the rainstorms, and the infinite potential for things to get better on top of acknowledging all of the struggle and darkness, we can begin to destigmatize a topic that desperately requires discussion and acceptance. This is the path to a decrease in these numbers, both on college campuses and outside the university setting.

Remember, there are always resources when you need them. The Counseling Center's doors are open until 5 p.m. on weekdays. Local Crisis Intervention and the National Suicide Hotline are available 24/7 at (413) 568-6386 and 1-(800) 273-TALK, respectively.

There's shelter from the storm. Let's help each other find it, friends.

In Defense of Writing: A Poet's Take on Why He's Not Burning His Parent's Money

Woody Woodger
Voice Reporter

I heard it again at my brother's tennis gathering. A mother of two of his teammates, while the boho multigrain pizza coagulated on the bench, asked me, "Oh, you like writing poetry. Yeah, so, what do you wanna do with that—teach?"

I wanted to tell her I was actually thinking about pursuing welding after college, you know? Welding or nuclear physics, because if I'm expecting to pursue a career path that simply has nothing to do with my prior schooling, why not go all in?

My eye doctor proudly hangs her art history degree from DeVry on her office wall, and it assures me to know that while she looks up "invasive cataract removal, steps" on Yahoo Answers, she can tell me how my eye color palette is strikingly reminiscent of that employed by the Post-Cubists still working through the short-lived Dadaist explosion in Switzerland in the 1920's...oh are you already asleep...good. Anesthetic: check.

For most people, a writer has two choices when it comes to career decisions: either end up like that no-talent toilet-paper distributer John Green or the hippy teacher who keeps inviting his students to a reading at the public library.

To be fair, I can see why people might have that predisposition. It's easy to catch people devaluing the pursuit of the arts because of how unclear the job prospects are and how people justify teaching writing as a tool for math and science.

I think it's also perfectly natural to assume writing and teaching go hand-in-hand, considering the liberal arts' concentration on effective communicating and critical thinking; while one teaches, one is also most likely also working on their craft as well.

Westfield, to date, has produced many accomplished teachers who continue to publish their work such as Lisa Mangini, Keith Leonard, and David Walker—all poets who teach on the side.

Our English department believes in a more holistic approach to the English Writing Concentration, such as requiring attendance in both literature and writing courses, and—as such—many Westfield alums with a degree in writing graduated with exposure to a diverse number of writing styles. Lyndon Seitz, for example, currently freelances for online and print sources, and many others go on to graduate school and work as research assistants—like Ola Smialek, a current graduate student at the University of Massachusetts.

A day job like freelancing gives Seitz the freedom to control his schedule, allowing him more flexibility and time spent writing what he wants; however, a global appreciation for writing should not be limited to only those working in academia or the arts, but for anyone who will need to use writing in the future.

The fact that people will need English and writing to communicate throughout their lives is an old argument and apparently the only one that has kept English off the chopping block of education for decades.

It was always very apparent to me that English was the benevolent servant of math and science, helping them to further their lofty goals in any way little English could, kissing their feet and describing the how good the salt on their Converse tastes. I would have trouble calculating how many times someone shouted out in my English class, complaining that this stuff we're saying just wasn't in Catching and the Rhy or whatever, and what's the point because we can't figure it out anyway, and how do you expect me to write an essay on this?

My teachers—throughout my school career—would always give the same response: "the point is to show how one should think critically about what they have read, and I make you write an essay because whatever job you're going to have in the future—from welder to nuclear physicist— will entail reading and writing. Now, in thinking from the Freudian perspective, why does Holden want to have sex with his mother?"

My teachers' classic rationale for supporting English is a classic for a reason: because communication is one of the most important tools all people need in their professional and personal lives. To an English major though, it's disheartening to see colleges on their websites still needing to justify students being able to read.

The web page "What Make Writing so Important" from the writing center at Marquette University, goes through a litany of reasons why writing is important, writing skills are the first thing employers notice, it helps you think, it helps you explain, it's an essential job skill, nowhere does the list say that the writing itself, and the experience of reading a text, are worthwhile reasons to write.

All the indignant pretension aside, I think the distinction between writing having only practical value and writing having inherent value is important to foster a passion for writing beyond that of a chore through which your English teachers make you suffer.

see **WOODGER** *on page 13*

Evelyn Dina encourages student involvement at WSU as the president of SGA

Cong Shuang
Voice Contributor

Evelyn Dina has started serving as the president of the Student Government Association for the 2015-2016 academic year after she won the election at the end of last spring semester.

The Student Government Association (SGA) is the most important forum on campus, representing student interests within all academic and social aspects of the college community.

"We really hope to make students more aware on campus, [that's] what we do as a student government. That means going out and reaching students," Dina said.

Dina's coworkers are also optimistic about SGA's future.

"Evelyn really cares about everybody. She has a big heart," said Jacob Lotter, the legislative Secretary of SGA.

"Under her leadership, I believe SGA will perform better and make our school a better community," Lotter said.

Dina has a list of goals to achieve during this academic year.

"We'll be more visible and showing that we support each student here," she said.

"I also really want to encourage students' involvement. Enjoying our activities and having Westfield pride," she said.

"And some other things that we are striving for is making a spotlight club that could make some special communities like commuters and veterans more involved," Dina said.

During half a semester's efforts, SGA is becoming more connected with students.

"[We've seen] some changes after Evelyn became the president," said Barbara Hand, the assistant of student affair.

"She is energetic, positive, and approachable, and she is one of the best presidents I have the honor to work for," Hand said.

"Evelyn gets her job done. She tackles all sorts of problems whether they are visible or just beginning to start," said Matthew Carlin, vice president of student life.

"She is proactive, and it is a nice change compared with before." Carlin said.

Dina has previously served on both Davis and Courtney hall councils and as the legislative secretary for the SGA last year. She wants to do management work in the future.

SMOKEOUT

The 3rd Annual Great American Smokeout at Westfield State University

When: Thursday, November 19th - 7-9pm

Who: Members of the Westfield and WSU community

What:

*Learn about the effects of smoking and the risk of lung cancer

*Bonfire

*Glow in the dark theme

*Play corn hole and can jam

*Live performances by the Night Owls (7:30pm) and the acaOWLETTES (8pm)

*Baked goods and t-shirts for sale!

Where: The Westfield State University campus green in front of the Ely Campus Center

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a $16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

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Deadline - Friday December 1th

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arts & entertainment

FRIDAY, NOVEMBER 13, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of November 9, 2015

Top 10 Singles

1. Hello - Adele
2. Sorry - Justin Bieber
3. Hotline Bling - Drake
4. The Hills - The Weekend
5. What Do You Mean - Justin Bieber
6. Stitches - Shawn Mendes
7. Wildest Dreams - Taylow Swift
8. 679 - Fetty Wap Ft Remy Boyz
9. Locked Away - R. City Ft Adam Levine
10. Can't Feel My Face - The Weekend

Top 5 Albums

1. Sounds Good Feels Good - 5 Seconds of Summer
2. Storyteller - Carrie Underwood
3. Beauty Behind The Madness
4. Fetty Wap - Fetty Wap
5. Reloaded:20 #1 Hits - Blake Shelton

Top 5 Movies

1. Spectre
2. The Peanuts Movie
3. The Martian
4. Goosebumps
5. Bridge of Spies

Upcoming DVDs

1. Mr.Holmes
2. Self/less
3. Terminator Genisys

Spotify is Stupendous

The application that has revolutionized the way that people listen to music is the most efficient way to hear your favorite artists

PHOTO FROM THEFNQUIRER.NET

Emily Spakauskas
Voice Contributor

For those who buy every song on iTunes:

You're the type of music listeners that like tradition. iTunes is reliable, and you've probably been using it since you had your old iPod Nano—or maybe you still have it.

Here is my question for you: Are you a student who buys more than five songs a month?

If yes, you're paying so much more for iTunes. Switch to Spotify.

If no, I would recommend you keep your account. But at the same time, can you really call yourself an avid music lover? Only five songs a month? C'mon guys. Sometimes you just need the entire Beyonce album.

If you're not a student, Spotify premium will cost you $10 a month instead of $5. But if you're not on a college budget that's still pretty affordable. Spotify also has a deal where if you upgrade to premium your first three months will only cost 99 cents.

For those who only use Pandora:

You're the kind of people that go with the flow. I can't encourage you people to switch to Spotify because you're perfectly content listening to shuffle. In my opinion, it takes a very special person to only be able to listen to songs on shuffle. Don't you ever listen to a song on repeat ten times? Don't you want the power of selecting what you can listen to sometimes? Y'all live on the edge. Spotify cannot save you.

For those of you who use the free version of Spotify:

Just upgrade. You know you want to do it. Knowing you could have an unlimited source of music but having to wait through the ads and sitting through shuffle has got to feel so close but so far.

For students: $5 a month is one cheeseburger you won't be able to buy. Think of the calories Spotify is saving you!

For adults: $10 a month is about 4 gallons of gas. Think of how many gallons you refill a month. Now, is it really that much of an investment?

Horoscopes

Aries (March 21 – April 20):
Thanksgiving is just around the corner. The stars know time with your family is usually stressful, but do you have anything better to do?

Taurus (April 21 – May 21):
The winds of change are coming. Hopefully you don't live downwind from dumpsters.

Gemini (May 22 – June 21):
Sometimes vigorous study habits aren't enough. Maybe it's time to switch your major to Pottery?

Cancer (June 23 – July 22):
I know that you have been fearful about getting into only half of your classes for next semester. In reality, you won't be getting into any of them.

Leo (July 23 – August 23):
That secret obsession of yours is something a Taurus would enjoy. Evaluate your life choices.

Virgo (August 24 – September 22):
Your neighbors are getting annoyed with your late night tuba playing. Maybe you should put a sock in it.

Libra (September 23 – October 22):
This is the last straw. Use it wisely.

Scorpio (October 23 – November 21):
Enjoy your family time at Thanksgiving. Just remember that turkey had a family once too.

Sagittarius (November 22 – December 21):
You've done a great job keeping healthy this flu season. Avoiding germs weakens the immune system…

Capricorn (December 22 – January 19):
Bringing that new love interest home for the holidays? Keep Aunt Diane away from your significant other.

Aquarius (January 20 – February 18):
Having writer's block? Try a laxative.

Pisces (February 19 – March 20):
The stars are utterly silent in regards to you, Pisces. They're simply not interested.

gail's guidance

Dear Gail,

Trying to fit in and find friends… School sucks!!

Signed,
Guacamole-Luver

Dear Guac,

Let me share with you a strategy that worked wonders for me in my college years:
Step One: Rise at 7 a.m. and concoct a delicious smoothie in a blender. Refer to the Internet for smoothie recipes—I'm not Julia Child.
Step Two: Fill a couple dozen little cups with your delectable smoothie. Assemble them in an aesthetically pleasing manner on a tray.
Step Three: Robe yourself in an apron and a visor. Make the outfit look like a professional.
Step Four: Stand outside of the DC in the disguise and hand out samples while pretending to be an employee of a smoothie bar. You will lure many peers over to you and trick them into making pleasant conversation. Ask questions like, "What was your childhood like?" or "Do you have a traditional family structure at home?"
Step Five: Become the coolest cat on campus.
This strategy worked wonders for me. I actually met my first husband while doing this—he still is unaware that it was a gimmick to this day.
I advise taking acting classes before trying this strategy if you're a tyro in the acting world. If you're not an amazing actor like me, this stunt may fail.
Enjoy your new friends, reputation, and smoothies!

KNOWING TO COOK

A relatable non sequitur – My history in the kitchen

Ryan Cashman
Voice Columnist

Instead of traveling to a far corner of the earth this week, I've decided to give you a glimpse inside a place closer to home: my own kitchen. My kitchen at the moment is far removed from the dream kitchen I have been planning in my head for a number of years, but it's still a kitchen.

Far from a utilitarian device, the kitchen shares more similarities with an artist's studio than it does with an assembly line, though many restaurants are constructed that way. No, the personal kitchen is a space where the budding cook should feel safest to experiment and create.

My current kitchen, that being the kitchen I use the most, resides in my apartment in New Hall. Though I much prefer gas-burning stoves to the electric coil stoves, I still manage to create tasty morsels of food in my kitchen without setting off the fire alarm. My history in the kitchen, however, started long before the idea of writing this column entered my head.

My food history began, oddly enough, in front of the television. I had spent time with my mother in the kitchen, as does any child, but the concept of cooking food did not truly interest me until I was about seven years old.

On Saturday mornings, PBS airs reruns of Julia Child's world famous The French Chef educational cooking series. Anyone who knows me well knows that I absolutely adore Julia Child, and you would be hard-pressed to find any current food celebrity who has not been in some way influenced by Julia. I am certainly no exception, though I'm certainly no celebrity.

Julia gave the American kitchen a personality, and she made it a safe place for the home cook to experiment and create restaurant quality meals for the family more so than any other television presenter. Every food show today owes a debt of gratitude to Julia Child. I must say, however, that if you're really interested in watching a food series that will actually teach you something, steer clear of the Food Network.

Julia Child has been the inspiration for many chefs and cooks like Ryan Cashman. Her love for food and ingredients is unlike any other in the history of the kitchen.

While Julia instilled in me the safety and creativity the kitchen provides, there is really only one person with whom I can truly credit my intense love of food: my mom.

Now, any of you who've read this column since I began writing it two years ago know that I have a mantra: food is love. I must admit that I cannot take full credit for that because it is a mantra my mother has repeated for the entirety of her life.

As is typical in a household dominated by Italians, my mom learned how to cook by watching and helping her grandmother, who was a woman no higher than five feet tall but contained within her an enormous personality. She was Italian through and through.

Most of us associate smells with memories. For my mom, the smell of garlic and onions sizzling away in a pot always reminds her of her grandmother. Ironically enough, that same smell reminds me of my mom.

As my love and interest in food grew, my mom was quick to foster it. Early on, she would assign me jobs like cutting onions for soup stock or measuring out how much flour we needed for the next batch of cookies, but as I got older she graduated me to the stove and eventually had me cooking meals entirely on my own.

She loves when I come home from school because then she has me do all of the grocery shopping and cooking. Even we food lovers need a break from cooking now and again. When I come home is when my mom gets hers.

I don't mind, because I love the kitchen we have at home. It has a good amount of space and a proper gas burning stove, and every meal I make in there, especially the ones I share with my mom, are meals I always remember.

This past summer the roles were reversed, and I became the teacher in the kitchen by teaching my mom the proper Italian way of making risotto. She already knew of course, but she decided to humor me anyway.

She wanted to see if I'd actually learned anything during my time in Florence, and the result of that meal (which was risotto with hot Italian sausages and peas) proved to her that I had.

The personality you read here in the paper each week is a personality that was not created by accident. It is a personality created by the fostering and food-loving nature of my mom and the energetic whimsy of Julia Child.

There are many other people in my life who have contributed to my food education, like my dad, my uncles Joe and Rene, Jacques Pepin (not personally), and Anthony Bourdain (also not personally), but the two people who deserve the most credit for my love of food are Julia Child and my mom. I owe it all to them.

As always: Buona Tavola é Mangiare Bene!

Career Center

CAMPUS CONNECTIONS

CAREER CHATS

Tuesdays from 4:00—6:00 pm

Date	Location
November 17, 2015	Davis Hall— Common Room
December 8, 2015	Lammers Hall—Entrance Area

Stop by our table and ask about
- Career Development Strategies
- Job and Internship Resources
- Resume Assistance
- And More.....

Visit us for a chance to WIN !!!!!

Professional Portfolios and Resume Paper (One winner from each hall will be drawn)

From **CAULFIELD** *page 1*

Dept.; however, he did not discouraged calling 911 after or even before the campus PD number.

After the presentation Sharleen Varghese, representative for the class of 2018, said with all the recent shooting tragedies here in the U.S. and around the world, this was an important presentation, and everyone should get a chance to see it.

St. George said that only 100 people or so have seen the presentation, and he wants to start giving it to first-year students in the beginning of the semester because they are the group of students who will be at Westfield for the longest.

Brandon Trafford, vice president of finance, had the report that took the longest, and it did not end without some debate.

Four clubs were requesting funds to help cover the costs of events. Each club had their request cut down to a smaller amount due to the small operating budget this year.

In the last two years the SGA rarely cut requests, or at least made those cuts publicly.

The Business Club was allocated $400 to help cover food costs for their annual networking dinner. The second club was the Jewish Student Organization (JSO) who was allocated $400 to help pay catering costs of their Passover Seder. Lastly, the Relay for Life group needed money to help cover the Public Safety Officer fee at the Relay for Life event. They received $611.

Each club had a representative to speak and take questions from the SGA. When the finance proposal from American Choral Directors Association came to the floor, there were no members to represent the chapter. ACDA had requested three proposals to be passed by the SGA.

The first was to pay $300 to partially cover the cost for to bring their guest speaker, Dr. James E Brown, to campus.

The second was $500 to pay for hotel costs in Boston for the four-day ACDA Eastern Division Conference.

The last proposal was $300 to help fund the Spring 2016 Choral Tour.

Trafford and other senators like Lezlie Campbell, commuter council president, and Xavier Carmona, president of the class of 2019, tried to defend ACDA members in their absence, saying they could have a family emergency or they simply had a miscommunication.

Trafford also said that the decision to pass or fail the proposals must be based on the numbers, not by the bias of an individual.

The majority of the senators were not in favor of the defense for ACDA. Ryan Losco, president of the class of 2016, spoke for the majority, saying that their absences to defend their own claims should be answered with the SGA not giving them the time to consider their proposals.

He did say that the first proposal was educational because it was a speaker who can actually teach students while the other two are not for educational purposes.

Christian Capalbo, representative-at-large, who sits on the finance committee, said he was disappointed that none of the ACDA members showed up and favored Losco's argument.

Rose Ferraro, representative-at-large and a member of the University Chorus and Chamber Chorale, said "I am not going on this trip due to the poor planning, poor fundraising, and the poorly written finance proposals. I strongly urge you to not support this proposal."

Matthew Carlin, vice president of student life, said that all clubs at the finance committee meeting are highly encouraged to be at the SGA meeting when discussing their proposals to make sure they pass.

The last factor that the majority brought up was the ACDA fundraising account, which had $3931. Trafford also said that ACDA made $1000 in fundraising last month alone.

The first proposal passed, but the other two failed. There was a motion to table the second and third proposals to wait until ACDA members could defend their proposals, but it failed on the majority side, saying the same kind of debate would happen next week even if a ACDA representative was present. The SGA has $6,168 left to give to clubs for the 2015/2016 academic year.

The report might of set a precedent suggesting that all future clubs and organizations should be present at the SGA meeting when asking them for money. Or else, as Carlin said, "You snooze you lose."

The debate over whether or not a club should receive money based on educational purposes will only continue throughout the semester.

The next meeting of the Student Government Association will be Nov. 17 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

From **WOODGER** *page 8*

For those who may like a more informational approach to an argument about the benefits of writing, see the psychological article "Why Does Writing About Important Values Reduce Defensiveness?

Self-Affirmation and the Role of Positive Other-Directed Feelings" by Jennifer Crocker, Yu Niiya, and Dominik Mischkowski. The article found through clinical study that writing about an important value reduced a person's defensiveness when responding to self-threatening information.

The simple act of writing itself was able to make the individuals in the study more aware of their own value as well as more open to internal disputes of those values.

If writing helps one to better themself as communicators and critical thinkers, and every occupation requires and demands writing, it would be safe to assume that a degree in writing should put one in a much more versatile position of employment than just about any other degree.

While I may not know the exact job I will have in the future, I know that I have many more opportunities than someone who will graduate with a degree in, say, accounting. If you graduate with a degree in accounting you should have a fairly clear idea as to the job and even building where in you will begin your career.

Writing doesn't have to be the main focus of someone's career, but it is one of those unavoidable circumstances—and one of the rare unavoidable circumstances that can actually become more enjoyable the more one practices.

If anyone is at all interested in learning more about how to get involved in writing on campus, the English Department, i.e. Emily Todd and anyone in the second floor Bates English Office, would be happy to give you information on declaring a major or minor in a writing concentration.

There are also many writing outlets that desperately need more submissions from you, such as the illustrious Westfield Voice and the Persona literary magazine.

If you are even a little curious to find more information about what it means to be a writer, I would visit the Association of Writers and Writing Programs for more information on career options and new works.

As I stood, the greasy slice of hardtack slather with gouda in my hand, and gave the same spiel that all writers have to: "I have thought about teaching, you know, and I find it interesting, but I'm not quite sure if that's the road from me and even though it's gonna be tough I'm looking forward to the future, blah, blah, blah".

It's a spiel I can recite by heart, and one I'm sure I'll be reciting for years to come, but there's a certain pride that comes with each repeat.

It's not pride in a smug way, as if you're lecturing those who don't understand, but rather a pride in reaffirming that you'd have to be a writer to need to put up with these questions, and that they better sit back because it's going to take you a bit to really get to your point.

owls athletics

FRIDAY, NOVEMBER 13, 2015 MICHAEL BARRY, EDITOR

Hockey drops MASCAC home opener

Jackson Leef takes a shot against Salem State in their most recent 3-1 loss. Leef had two goals on six shots in the 6-2 dismantling of Western New England and three shots against Salem State on Thursday.

Andrew McGill
Voice Reporter

The Westfield State men's hockey team dropped their home opener against the Salem State Viking on Thursday in a losing 3-1 effort.

The Owls managed to get on the board first in the contest, but gave up two quick goals at the end of the first period and couldn't get any offense going after that.

It was senior defenseman Kyllian Kirkwood who got the puck past Salem goaltender Jason Pucciarelli on the power play for the game's first goal. Kirkwood one timed a nicely placed pass from sophomore forward Roman Pfennings at 13:44 of the first period.

Salem got a power play goal of soon after the Owls'. At 17:28 of the first, Vikings junior forward Brandon Platt redirected a shot from the point past Owls goaltender Jonathan LoParco to tie the game at one.

Salem was quick to tally again just thirty seconds later on a goal from sophomore forward Da Holland. The goal sent the Owls into the first intermission down 2-1.

Neither team was able to score until Salem struck at the 14:36 mark of the third period, sealing their 3-1 victory over the Owls.

Not only was it the Owls' home opener, but their first MASCAC game of the season. The Owls weren't too outmatched against Salem, in fact they registered more shots, but the Owls weren't able to take advantage of numerous power plays.

In total, the Owls' finished 1-5 on the power play, so at least they were able to break through once, but special teams is where games can be won, and only registering one goal in five tries isn't going to get the job done.

They also played somewhat undisciplined taking 4 trips to the box; including a 10-minute misconduct to freshman forward Joseph Napoli, for a hit to the head.

It was a different looking team than the one seen in a deciding 6-2 victory for the Owls over Western New England for the Falcons Cup. In that contest the Owls had only one penalty and took full advantage of their power play unit, going 2-for-3 in the game.

The Owls will have a chance to earn their first MASCAC win of the season on Thursday November 12th, but draw a tough matchup against a 3-1 Fitchburg State at the Wallace Civic Center, a team that scored seven goals in their last game on Saturday against Framingham.

The Owls won their first game of the season against Western New England 6-2 on October 30. The team currently sits at 1-1 and is looking to start the season 2-1 in conecutive years. In the beginning of the 2014-2015 season, the hockey team won their first two games against Western New England and Assumption 1-0 and 2-1 respectively, only to lose to Curry in their next game 3-2.

Scores of Past Owls Athletics Events

Thursday, November 5th
M Ice Hockey vs Salem State L 1-3
Friday, November 6th
W Soccer vd Bridgewater State T 0-0 WSU Adv. 4-3 on Penalty kicks
M Soccer vs Bridgewater State L 0-2
Saturday, November 7th
M/W XC ECAC Championships 17th/19th Place
W Vball vs Framingham State L 1-3
W Swimming at UMass Dartmouth Invite (no score)
Football at Worcester State L 27-53
Sunday, November 8th
W Soccer at Worcester State W 1-0
Wednesday, November 11th
W Swimming vs WNEU W 148-102

Upcoming Owls Athletics Events

Thursday, November 12th
M Ice Hockey at Fitchburg State 7:00 pm
Friday, November 13th
M Basketball vs WNE 5:30 pm
Football at WCSU 7:00 pm
Saturday, November 14th
W Swimming at Mt. Holyoke 1:00 pm
W Basketball vs Coast Guard 2:00 pm
M Ice Hockey vs UMass Dartmouth 5:35 pm
M/W XC at NCAA Regional Qualifier Waterford, CT
M Basketball 1:00/3:00 pm
W Basketball 12:00/2:00 pm
Wednesday, November 18th
W Basketball vs Keene State 7:00 pm
M Basketball at Norwich University 7:00 pm

Women's Swimming defeats Western New England at home

WSU Athletic Department

Westfield State got a strong team performance as the Owls swam past Western New England, 148-102 in a dual meet at the Ely Pool on Wednesday night.

Junior Anna Boucher (Suffield/Suffield, Conn.) won three events, Alex Frazier (Dracut/Dracut, Mass.) and Tia Pariseau (St. Peter Marian/Holden, Mass.)each won two for the Owls.

Boucher got home first in the 50 free and the 50 and 100 backstroke. Frazier claimed first in the 500 and 1000 freestyle, and Pariseau was a winner in the 50 and 100 yard breaststroke events. Those three teamed with Haylee McQuay (Dartmouth/Dartmouth, Mass.) to also win the 200 medley relay.

Westfield levels its dual meet record at 1-1 on the season. The Owls will be back in action on Saturday, swimming a dual meet at Mount Holyoke College.

The Golden Bears fell to 1-1 in dual meets with the loss. Erika Shenhait (Framingham/Framigham, Mass.) won the 100 butterfly and led off the Bears winning 200 freestyle relay team.

Freshman Alex Frazier, of Ducat Mass., won a pair of freestyle events for the Owls against Western New England on Wednesday. She also won two events against Simmons College.

Westfield finishes successful fall season in conference tournaments

The Westfield Women's Soccer team won the MASCAC conference championship for the first time since 2012 with a 1-0 win over Worcester State, who were looking to repeat as champions.

Mike Barry
Sports Editor

With the fall season coming to a close, Westfield athletics have another successful athletic season under their belt. Multiple sports had extremely successful seasons with finishes resulting in conference titles and deep runs in the conference tournament.

The Owl's Women's soccer team is still alive after winning the MASCAC tournament. They beat Bridgewater State by a final score of 1-0. The game was tied throughout regulation and overtime. Westfield was able to finally win in a thrilling shootout.

After their phenomenal regular season, four members of the women's soccer team received all MASCAC honors. Seniors Katy Knight, Ashley Bovat and junior Kate Matroni were all named to the all MASCAC first team. Freshman back Caitlin MacGregor was named to the all MASCAC second team. MacGregor is poised for a fantastic career here at Westfield if she continues to play the way she did this year.

Westfield will now play in the NCAA tournament with hoping the momentum from their successful conference tournament will carry them far in the national one. They play their first tournament game against local power Williams College this Saturday in Williamstown, MA at 1 p.m.

Men's soccer had a phenomenal season of their own. They finished the regular season as the top ranked team in the MASCAC tournament. Finding individual success as well as team success, three members of the Men's team received all MASCAC honors. Sophomore defensemen Cam Ritter was placed on the first team while junior midfielder Cody Baglow and sophomore goalie Alex Kraver obtained second team honors.

The Owl's suffered a heartbreaking loss in the semifinals of the MASCAC tournament by a score of 2-0 against rivals Bridgewater State. Regardless of their tournament loss, this team has to be proud of the way their season ended. Coach Evans has to be excited with the amount of talent his team is returning next year and they should be back in the tournament again this time next year.

Our Cross Country program is consistently one of the most successful teams on campus. As a surprise to no one, this year wasn't any different. The Women's team won the MASCAC for the year as well as the MASCAC year-end meet. The individual winners of the year-end meet were both Westfield State team members. For the men senior Mike Skelly capped off a great running career the best way possible with a conference meet win. Sophomore Jessie Cardin dominated the conference meet, leading the entire race and winning the meet.

Field Hockey had a much-improved season this year finishing in fifth place in the LEC. They finished in 9th last year, so the team must be thrilled with the improvement.

Football had a bit of an off year with their record currently at 2-7. However things could be very different if a few bounces went the Owl's way. Three of their losses were close back and forth games that were decided by a touchdown or less.

It has been another successful athletic season here at Westfield State and the winter sports shouldn't be any different.

Bruins start season slow

PHOTO FROM FOX SPORTS

David Krejci, above, and the Boston Bruins have started the 2015-2016 season at 7-6-1 through 14 games. Their main problem so far has been consistency for 60 minutes at a time.

Jack Corsi
Sports Editor

When you look at the last five games for the Boston Bruins, a few things come to mind. One deals with a certain trade of a certain player, another deals with why we can't beat those rivals from the north. But we did see some bright spots thus far, from a few different guys.

Tyler Seguin lit up the Bruins for a hat trick in his most recent visit to the Garden. This begs the question, was it the right move to send Seguin to Dallas, or did Peter Chiarelli doom his former franchise? At the time, it was a great move that gave us a lot of depth and gave Seguin a new home with one of the fastest franchises in the sport. Seguin fits better in Dallas, and if you don't feel good seeing him succeed, then that's tough. I still support the move, but I also know Don Sweeney would have never traded that guy.

Montreal once again beat the Bruins at Bell Centre. But it wasn't before some questionable calls and typical Montreal dive team antics. David Krecji took a bad, bad penalty late in the game. But I now have a new faith that we will have their number next time we meet them. Jonas Gustafsson played an awesome game although a couple tough shots got the best of him.

The visit to the nation's capital was probably the poorest performance this season. Washington has the Bruins number, and with the penalty kill being awful, the Caps took advantage. Brayden Holtby is a replica to Ken Dryden when taking on the B's too. We just cannot figure out how to take them down, no idea why.

Alright, enough of the bad pieces, let's look at someone who has shined in a few games. East Longmeadow and UMass product Frank Vatrano has made an immediate impact. His first game, in one of the most hostile environments (Montreal), he scores his first NHL goal. He is also playing alongside David Krecji, which really helps. I think with Krecji and when David Pastrnak is healthy, they could be a lethal dose of goal scoring.

The win in Brooklyn was a rather undisciplined one. We did pull out the victory but the late game penalties could have been the teams undoing. The penalty Matt Belesky took in the waning seconds proved to be actually good. It was more of a strong stick play, but those I guess are slashing penalties now. It was an ugly win but in the end a win is a win.

Tough stretch of games coming up, this team needs to keep their heads in it. Tuukka needs to pick it up a bit, but he has been solid at other points. The PK needs to really get better. It's the Achilles heel of this team, while the power play is the best out there. Only place to go from here is up.

Intramural Standings

Co-Ed Volleyball

Team	Wins	Losses
Backdoor Bandits	7	1
Fresh Meat	5	1
Avengers	4	1
Premature Shooters	3	2
Football FC	4	4
Sets on the Beach	4	6
Bangaz	3	6
Westfield Walks	0	6
Bye Week		

5v5 Basketball (Skilled)

Team	Wins	Losses
Bucks	2	0
Man Dimes	1	0
Dirty Tim & The Boys	0	2
Coughing Owls	0	1
LGS	0	1
Raw Dogs	0	0
Backdoor Bandits	0	1
Step Dads	0	2
ESPN Lies	0	1
Team Money	0	0
Hit It & Quit It	0	1
Octopus C's	0	0
Moose & The Boys	0	0

5v5 Basketball (Highly Skilled)

Team	Wins	Losses
Straight Outta Lowell	1	1
Smoking Aces	1	1
The Vets	1	1
Prospect	1	1
Let's Work	1	0
Spartans	1	0
HYFR	0	1

Soccer Co-Ed

Team	Wins	Losses	Ties
Doesn't Mata	6	0	1
Bucks	3	1	0
Oedipus Complex	2	1	2
Space Monkey Mafia	2	1	2
Blood-Bath & Beyond	1	2	0
Jimminy Kick-Its	1	2	0
Leah's Choker	1	3	0
Sets on the Beach	2	4	0
Bend it like Beckham	1	2	1
Hooters	0	1	0
Moose & the Boys	1	2	0

Men's Soccer (Skilled)

Team	Wins	Losses	Ties
A.M. Lumber	2	1	2
Below Average	2	1	0
Voley Dohaeris	2	1	2
Octopus C's	2	3	0
Backdoor Bandits	2	3	1
Premature Shooters	0	3	2

Men's Soccer (Highly Skilled)

Team	Wins	Losses	Ties
413 Boys	4	1	0
Dead Beat Creep	3	2	0
Stanley Park Rangers	2	1	1
SYC FC	2	1	2
Football Club FC	3	2	0
Win or Lose We Still Booze	1	2	0
G. Vegas	0	4	1
Bye Week	0	2	0

NFL season reaches halfway point

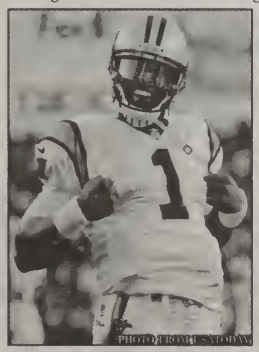
Tom Brady has cemented himself as the leading NFL MVP candidate after the first half of the season. He and the Patriots are favorites to repeat.

Tim Jaroche
Voice Reporter

Heading into week nine, three undefeated teams remain and 21/32 teams are either .500 or below.

The biggest surprise of the season so far is the Seahawks 4-4 record. They started the season 0-2 before trampling the Cutler led Chicago Bears 26-0 to get their first win. Since then they have lost to the Bengals and Panthers by less than a touchdown a piece. They're currently tied with the Rams for second in the division. Their schedule doesn't get much easier either so it will be tough for them to get into the playoffs. If the playoffs started today the Falcons and Vikings would be the wild card teams so the Seahawks will have to get past both of them to crack the playoffs.

In the AFC the Patriots, Broncos, and Bengals are favorites to make playoff runs. The Broncos defense is carrying Peyton along for a ride that could go as far as their turnover prone veteran QB will take them.



Cam Newton

In New England many men continue to go down with injuries, including dynamic RB Dion Lewis. The makeshift offensive line that the Patriots are scrapping together week in and week out could be the reason for the team's demise late in the season.

The Bengals success will depend on the play of QB Andy Dalton in the playoffs, where historically he has crumbled. All three teams have reliable defenses, so it will come down to how efficient the offenses are. Out of the three the Bengals and Patriots have the more explosive offenses. The Patriots' will depend on how healthy their offensive line is down the line, and the Bengals' will depend on the play of Dalton into the playoffs.

In the NFC things are a bit more complicated. The Panthers sit at the top, undefeated and having beaten the Seahawks, and the Packers. The Packers, Cardinals, Vikings, and Falcons are also all viable to make a run in the playoffs.

The Packers and reigning league MVP Aaron Rodgers cannot be overlooked for just two losses this season. They are tied with Minnesota right now, but Minnesota has a tougher schedule down the stretch so the Packers are the favorite in the NFC north.

The Cardinals are leading the NFC west and have a very balanced offensive attack as well as an aggressive defense. The Vikings and Falcons are second in their divisions and are in place to take the wild card spots. They both have the potential to catch a team off guard and pull the carpet out from underneath them.

The MVP race stands between two top QB's of undefeated teams. Cam Newton and Tom Brady. 26 year old freak of nature athlete, and 38 year old, four time super bowl champion, future hall of fame QB. Newton began as a fearless out of the pocket presence and has adapted to life inside, throwing accurate deep balls downfield. Brady has adapted to collapsing pockets by getting the ball out of his hands quicker than any QB in the league. I would expect to see these two teams late in the season and one of them will go home with the MVP trophy.

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	6					1		
4			9	1	8			
	2	5						9
9		8	5		6	4		1
6						5	3	
			7	8	2			5
		2					7	
7							4	

Roller Coasters

R	E	D	I	R	T	S	O	H	G	U	S	T	A	T	H	R
E	E	N	L	L	P	H	O	E	N	I	X	T	T	I	A	E
D	N	I	R	L	I	T	V	S	S	N	S	E	N	N	D	T
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A	L	R	O	O	L	B	M	U	E	O	E	F	M	I	S	P
B	C	O	R	T	L	E	G	G	N	N	L	I	F	M	P	U
H	Y	T	O	A	N	L	N	N	E	D	N	O	I	I	E	J
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A	O	E	F	E	P	I	A	V	B	G	H	R	N	A	A	G
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ALPENGEIST
BALDER
BIZARRO
COLOSSOS
COMET
CYCLONE
DESPERADO
DIAMONDBACK
EL TORO
GHOSTRIDER
GOLIATH
GRIFFON
HADES
INTIMIDATOR
JUPITER
KATUN
LEVIATHAN
MANTA
MAVERICK
MIND BENDER
MONTU
NEMESIS
NITRO
PHOENIX
PROWLER
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RAPTOR
RENEGADE
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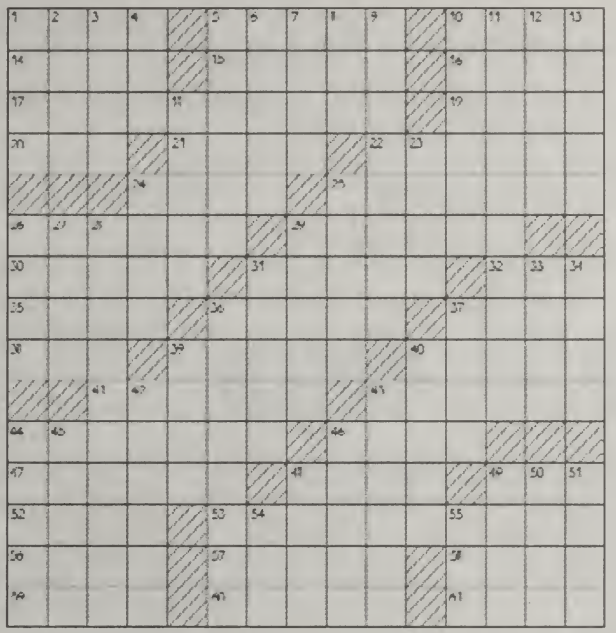
TATSU
THUNDERBOLT
TITAN
TREMORS
TROY
TWISTER
VIPER
XCELERATOR



ACROSS
1. Pace
5. Lessen
10. Tip
14. Interrogative
15. Wanderer
16. Actress ____ Paquin
17. Indicting
19. Victim
20. Revolver
21. Group or hoop
22. French for "Star"
24. Ethereal
25. Diminish
26. Elevated highway
29. Made well
30. Render harmless
31. Plastic
32. Cut off
35. Spooky
36. Actress Bette _____
37. German for "Purple"
38. Zee
39. Witchhunt town
40. A geometric curve
41. Natives of New Zealand
43. Larva of a housefly
44. A circular double-standed unit of DNA
46. 4th century invaders of Europe
47. Decrease
48. Unit of electrical energy
49. ___ for tat
52. Initial wager
53. Wonderfully
56. Leave intact (proof-reading)
57. Actress Sophia _____
58. Polio vaccine inventor Jonas ____
59. French for "Out"
60. Delicious
61. Backside

DOWN
1. Swing or lurch
2. To the other side
3. Acquire deservedly
4. Parent Teacher Association
5. Compensated impressment
6. Scottish for "Lovely"
7. Amongst
8. Brownish
9. Towards an edge
10. Gangster Al _____
11. Solving
12. Monofilament
13. Recipient
18. Girder
23. Cash drawer
24. Amiss
25. Coarse durable cotton weave
26. Egyptian canal
27. Leg joint
28. Train dispatcher
29. Where bees live
31. Grounded in truth
33. Spicy stew
34. Treaty or agreement
36. In a reckless manner
37. Cut timber
39. A few
40. Major division in a long poem
42. Things of value
43. Rebellion
44. Sprinkle or splatter
45. Slowly (musical term)
46. Wives and concubines
48. Sometimes found in an apple
49. Russian emperor
50. Ails
51. Infant or toddler
54. Comedian ___ Costello
55. America

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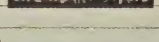
THIS WEEKS EVENTS

Date	Time	Event Name	Location
11/13	3:30 PM	Yoga with Kathy Niedzielski	Ely Fitness Center
11/13	7:30 PM	University Chorus & Choral Concert	Dever Stage
11/13	8:00 PM	Big Comedy Night	Owl's Nest
11/14	11 A - 3 P	Artist Laura Radwell Display	Ely 2nd Floor
11/14	7:00 PM	Lip Sync Battle	Owl's Nest
11/15	7.30 PM	Small Jazz Ensembles	Scanlon Hall, Loughman Living Room
11/16	2 - 5 PM	"Festival of Lights" Diwali Celebration	Owl's Nest
11/17	6:30 PM	WSU Climbing Wall	Woodward Center
11/17	7.30 PM	Wind Symphony	Dever Stage
11/18	11 A - 1 PM	Pet Therapy	Campus Green
11/18	6:30 PM	WSU Climbing Wall	Woodward Center
11/18	8:00 PM	CAB Trivia!	Owl's Nest
11/19	9:00 AM	Anti-Stress Coloring!	Parenzo 114
11/19	6:30 PM	WSU Climbing Wall	Woodward Center
11/19	9:00 PM	One Night Stand	Owl's Nest
11/20	3:30 PM	Yoga with Kathy Niedzielski	Ely Fitness Center
11/20	7:30 PM	Dance Company Performance	Dever Stage
11/20	8:00 PM	Movie Weekend! 11/20-11/22	Owl's Nest
11/20	10:00 PM	CAB Bingo!	Scanlon Hall



Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mkallaran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m. and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, NOVEMBER 20, 2015

westfieldvoice.com
@westfieldvoice

Students reflect on Paris attacks

Westfield State students, along with the rest of the world have sent their thoughts and condolences to Paris during such a difficult time. Along with prayers, many people have added their beliefs on what should be done to prevent such tragic event from happening again. As debates and conversations continue, we must remember to keep those who lost their lives in mind.

Haley Batchelder
Voice Columnist

On Friday, Nov. 13, 2015 the citizens of Paris, France suffered through terrorist attacks that left over 129 innocent civilians dead and over 200 wounded.

The attacks have devastated Paris, and the rest of the world is showing their support and sorrow towards the city.

As a student who has never been to Europe and still has an aching heart for Paris, I thought I would talk to Westfield State University students that have traveled to Paris and hear their reactions towards the attacks.

Nicholas Sarnelli, a senior who studied in Galway, Ireland this past spring semester, shares his recent experiences in Paris.

"Paris is such a beautiful city with so much history that really enhanced my experience abroad," Sarnelli said.

"The attacks in Paris are both heart-rending and gut-wrenching:" Sarnelli said, "heart-rending because it's so incredibly painful to watch such a terrible tragedy terrorize a nation and gut-wrenching because it's sickening to think about how anyone could commit these crimes."

Visiting a city with so much history can be life changing and is an experience that sticks with all who visit.

"When I traveled [to Paris] it was one of the most beautiful cities I've ever seen," said Allison O'Neil, a graduate from the Class of 2015.

"It's heartbreaking, especially when you've been there and have walked those streets," O'Neil said.

Sophomore Sam Asuque said he was stunned by the news.

"I just keep on thinking about my visit and how beautiful and breathtaking the nation is," Asuque said.

Traveling to Paris had an everlasting effect on sophomore Jacob Lotter.

"When you're in Paris," Lotter said, "you're filled with an overwhelming sense of a loving and caring energy. That energy comes straight from the people of the city and the feeling they all share for the place they call home."

Though Lotter described his feelings towards the attacks as "heartbreaking," his visit to Paris ensured in him a sense of hope for the citizens.

"It is reassuring to know that the energy [Parisians] have will get them through this difficult road ahead."

In this week's issue

Campus pages 1-7
SGA
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Haven
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Conservative Review
A&E pages 14-17
'Knowing to Cook'
MTG Play
Gail's Guidance
Horoscopes
Sports pages 18-22
Ice Hockey
Football
Ronda Rousey

The objective student press of Westfield State University

VOLUME VII, ISSUE IX

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, NOVEMBER 20, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
The Residential Student Organization Mass Games was affected by the ban of NERF guns. The administration claims that the toy could be confused for a firearm, and large scale role-playing games will no longer be able to use NERF blasters in their activities.

The Harvard Crimson,
HARVARD UNIVERSTIY
The Harvard Foundation hosted a vigil commemorating recent global tragedies. Students brought candles and gathered on the steps of Memorial Church, gave speeches, and had open thought discussions on the recent violence seen across the globe.

The Daily Campus,
UNIV. OF CONNECTICUT
The Department of Transportation is retiring 114 plow trucks in their fleet and replacing them with new ones. The replacement is in preparation for the upcoming winter.

The Daily Orange,
SYRACUSE UNIVERSITY
A 177 page lawsuit was filed against 6 NY state Supreme Court justices by a SU professor under the claim of fraud.

SGA receives check from Lifetime Owls

Ryan Caulfield
SGA Correspondent

The Alumni Relations and Friends gave a sizable check of $14,350 to the Student Government Association at their latest meeting.

The following alumni presented the check to the SGA: Kathi Bradford, director of Alumni Relations; Thomas Convery, Alumni Relations staff member and Westfield State graduate of 1978; and Jim Magellan, president elect to the Alumni Relations.

"This money is the accumulation of funds that was gathered by students," Bradford said.

The association takes 20 percent of the Lifetime Owls membership returns and circulates it back to the students through the student government.

"The money that you're receiving goes right back to the students. Twenty percent of all the money collected from students and parents goes right back to you," Bradford said. She also mentioned that the 20 percent is the highest percentage the association gives out.

"We know the SGA does so many great things to impact students, and that's why it's the biggest reason we created the Lifetime Owls program," Bradford said.

Junior Delgado, director of the career center, made his annual trip down to the SGA to talk about the career center's goals for the year as well as take questions from senators.

Members of Student Government and Alumni Relations pose with check from the Lifetime Owls Program that was donated to SGA.

A Westfield native for 30 years and worked at the career center for 15, Delgado gave insight into how the career center's resources can help students from all class ranks.

"My true passion is giving students opportunities. Whether that is graduate school, a full-time opportunity, or an internship, seeing a smile on a student's face when you land on an opportunity you want is very gratifying," Delgado said.

He said the career center's online site has support pages for students that range from résumé and cover letter development to interviewing skills and virtual mock interviews. These are also in the career center's office next to Lammers Hall.

Other important resources are graduate advising and setting up LinkedIn profiles, Delgado said. "We have over 1,300 internship listings on career connections," he said.

If you follow the Twitter page for the career center, students will see only internships and job listings, he said. The Twitter account is @WSUCareers.

He lastly said the biggest myth about the career center is that it does not just serve Western Mass. Delgado said he and his team travel to different job fairs in Boston, New York, and Pennsylvania.

"We encourage every student to come into our office; we are here to serve and help you realize your dreams," Delgado said.

Justin Connolly, student trustee, has been utilizing Delgado and his team since his sophomore year. He said he wouldn't be able to be as successful as he is today without the limitless resources from the center.

"I went in to the center for a mock interview once, and I plan on going to a few more. They're really good; they will tell you how many 'ums' you say during an interview, and you'll be surprised it comes out to like a 150," Connolly said, making the room laugh.

He said just a 15 minute visit would change your outlook on life after graduation.

Evelyn Dina, president of the SGA, called attention to national hunger and homelessness week.

This week, MassPIRG placed boxes at residential halls and Ely Campus Center to collect canned food and clothing for the Salvation Army and Tapestry Health.

"We are so fortunate to go home and have a Thanksgiving, but we must remember a lot of people are not so fortunate," Dina said.

The madam president wished everyone a good

see CAULFIELD on page 13

Students take part in educating themselves about sexual assault

Matthew Carlin
Managing Editor

PHOTO FROM TAMU.EDU

Westfield State students have been given the opportunity to educate themselves in regards to sexual assault and proper responses to those situations in the form of the Haven program.

The program itself came from the Division of Student Affairs, and its first part was mandatory for all enrolled students. Haven is an online sexual assault prevention program created by the company EverFi.

The program, as defined by EverFi, is designed to "address the critical issues of sexual assault, relationship violence, stalking and sexual harassment- among students, faculty and staff."

The program is an evidence-based narrative that engages students in experiences and hypothetical situations that they must navigate through. The course itself explains to students the inherent dangers of situations and possibilities that they may face and how to deal with them properly while in college.

With the knowledge that one in five women report having been involved in an attempted or completed rape while in college, students are encouraged to learn the proper steps to protect themselves and their classmates.

There has been an increase in discourse regarding Title IX and the Clery Act since their adoptions.

The Dean of Students, Susan LaMontagne, and Director Larry Johnson have been promoting and facilitating discussions regarding sexual assault and harassment, and this program reinforces the knowledge that they provided.

There was a total of 4,895 students who were required to complete the first part of Haven, 1,274 of which were first years with the rest being 3,621 sophomores, juniors, and seniors. Approximately 3,965 students have completed the mandatory Part 1 of Haven on time. Of those that completed the course, 1,263 were first years and 2,702 were sophomores, juniors, and seniors.

For those who have not completed it, there is a $50 fine attached to students' accounts in addition to a hold for class registration/graduation for next semester.

The good news is with such a high number of students completing the course already, it puts the Westfield State community in a safer place than it once was with students now being more aware of social situations and possible harmful behavior.

The course has encouraged students to stop being bystanders and start being responders to the dangerous activities occurring around them.

Students are also encouraged to start conversations with their friends and peers on the subject and try to build a better and safer community for those around them.

Though the second part is not mandatory, it is highly encouraged for students to further their knowledge on the subject.

Haven UNDERSTANDING SEXUAL ASSAULT

Professor Emerita Catherine Dower donates $1M to Westfield State University

From Press Release

Rendering of the Catherine Dower Center for the Performing & Fine Arts

Musician, professor emerita of music history and literature, and philanthropist Dr. Catherine Dower of Holyoke, Mass. is donating $1M to Westfield State University, the single largest gift in university history. The donation will be used to establish the Catherine Dower Center for the Performing & Fine Arts.

The donation was announced at the intermission of the Westfield State University Wind Symphony fall concert on Tuesday, November 17. This will be the first academic building on the Westfield State campus named after a woman.

"Catherine Dower is an inspiration – she has been a pioneer and leader her whole career as an educator and as a musician. She has also been a lifelong champion for racial and gender equality and fierce advocate for public higher education," said Elizabeth Preston, president, Westfield State University. "With this major gift, Dr. Dower is now serving as a leader in philanthropy and her legacy will inspire and support future generations of students, faculty and staff.

Dr. Dower taught at Westfield State University from 1956 – 1990 and was chair of the Music Department from 1956 – 1967. Musical events were an important part of campus life and as director of the Westfield State College Glee Club, she was instrumental in facilitating performances that were both entertaining and educational. One memorable Westfield State Glee Club performance included serenading the senators from the newest states in the union, Alaska and Hawaii, in 1959.

A voracious scholar fascinated by the intersection of music and culture, Dr. Dower spent time studying music at its various sources including time spent in research at the Vatican Library in preparation for an article on Sistine Chapel choir books as well as time at the University of Innsbruck, Austria; the University of Southern California; the Pius X School of Liturgical Music at Manhattanville College; Solesmes Abbey in France, noted for its Gregorian chants, and the Berkshire Music Center at Tanglewood. She also spent time studying the music of the Caribbean, especially Puerto Rican music, as well as Irish and Medieval music.

Time spent with students and her own scholarship resulted in articles, manuscripts and books on various aspects of music history that have garnered her numerous accolades and recognitions, which include her installation as a member of the Academia des Artes y Ciencias de Puerto Rico in 1977; investiture in the Equestrian Order of the Holy Sepulchre of Jerusalem, a Roman Catholic order of knighthood under the protection of the Pope; recipient of the Tolerance Medal from the Council for Human Understanding, Holyoke, 1985; named Career Woman of the Year from Quota International – Holyoke Chapter, 1988; received the Pride in Performance Award from Governor Michael Dukakis in 1988; received the U.S. Congressional Certificate of Merit in 1990, and received the Commonwealth of Massachusetts citation in 1990.

Dr. Dower retired from Westfield State in 1990 and was named professor emerita of music history and literature in 1991. Since her retirement she has continued to support and share her artistry with new generations of music students. She has generously supported various activities in the music department including the establishment of a music scholarship in her name in 1994.

Dr. Dower earned her B.A. from Hamline University , Phi Beta Kappa, where she studied under composer Ernst Krenek, an M.A. in musicology from Smith College where studied with musicologist Dr. Alfred Einstein, and a Ph.D. in musicology from the Catholic University of America.

"We are very grateful for Dr. Dower's extraordinarily generous gift to our university and are reminded of the importance of philanthropy and giving back," said Mike Knapik, executive director of University Advancement. "The Westfield State Foundation will steward and nurture this donation so it will benefit our students and faculty for generations to come. Catherine's professional contributions at our university are historic and her gift is the most generous ever recorded," he added.

The donation will be used to support student scholarships, music department operations, and a $50,000 challenge grant to purchase a grand piano for the department.

From the time when the doors to this institution opened over 175 years ago, music has been a part of the curriculum in training teachers, educating citizens and enriching communities. It was in 1970 under the leadership of Dr. Catherine Dower that the music major was formed. Today the music department serves over 1,500 Westfield State University students each year through liberal arts core courses in music, and trains approximately 80 music majors and minors who focus on applied musical study. There are currently 35 scholars and performers who make up the music faculty at Westfield State.

"This gift from Professor Emerita Dower will allow our program to move beyond sustaining the wonderful things that we're doing - it will enable us to grow and move closer to realizing a greater vision for the program. It is a milestone contribution that will provide exciting opportunities for our students to travel, perform, study, and give back to the community," said Andrew Bonacci, associate professor and chair of the Department of Music.

Westfield offers a comprehensive music curriculum covering studies in classical and jazz performance, music composition, music history, and a state approved program in Music Education leading to K-12 licensure for teachers of music.

The department enriches both the academic community and the Greater Westfield community with over 60 public performances of students and faculty artists each year, from opera, choral, and musical theatre productions, to wind symphony, string ensemble, solo and chamber music recitals, and a variety of jazz and new music performances. Westfield State University is fully accredited by the National Association of Schools of Music.

In addition to her commitment to Westfield State, Dr. Dower is a devoted community member of Holyoke. She founded the Massachusetts chapter of the Irish American Cultural Institute in Holyoke, was named a life member of the Irish Cultural Center at Elms College, and served on the St. Patrick's Committee of Holyoke, presiding as Honorary Marshall of the St. Patrick's Day Parade in 2007.

Dr. Dower also served on the board of directors for the Hispanic Institute of Holyoke. She is a supporter of the Holyoke Public Library and continues to serve on its board.

The Catherine Dower Center for the Performing & Fine Arts will be located on the site of the former Juniper Park School. The university anticipates construction and renovations to the center site to begin in January 2016 and completed by December.

In honor of its former tenants, the building will include a display highlighting the history of Juniper Park School.

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Liquor Law Violation	15-576	11/13/2015	11/13/2015	2224	Davis Hall	On	Referred to Student Conduct
-Disturbing the Peace	15-80-AR	11/14/2015	11/14/2015	1212	Dickinson Hall	On	Summons Mailed
- Larceny	15-577	"	"	0037	Davis Hall	On	Investigated
- Liquor Law Violation	15-57-FI	"	"	0039	New Hall	On	Referred to Student Conduct
-Drug Law Violation	15-578	"	"	2107	Scanlon Hall	On	"
- Liquor Law Violation	15-580	"	"	2331	"	On	"
- Drug Law Violation	"	"	"	"	"	On	"
- Distrubing the Peace	15-81-AR	11/15/2015	11/15/2015	0226	Courtney Hall	On	Arrest
-" "	15-82-AR	"	"	"	"	On	Arrest
- Larceny	15-582	"	"	2115	Davis Hall	On	Investigated
-Assault & Battery-Domestic	15-83-AR	"	"	2204	Apartment Complex	On	Arrest
-Larceny	15-586	11/16/2015	11/16/2015	2000-2030	Courtney Hall	On	Investigated
-Threat to Commit Crime	15-84-AR	11/17/2015	11/17/2015	0930	South Lot	On	Summons Mailed
-Witness Intimitation	"	"	"	"	"	On	"
-Harassment	"	"	"	"	"	On	"

FIRST YEAR FORWARD

SUCCESS IN COLLEGE AND BEYOND

Westfield State University sees the first-year as a time of transition and growth in which new students find their place as engaged members of the diverse academic, civic, and social communities at the University.

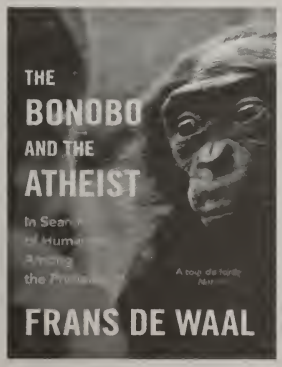
First-year hotline: 413-572-8402
First-year email: firstyear@westfield.ma.edu
First-year website: westfield.ma.edu/firstyear

Westfield STATE UNIVERSITY

first-year READ

THE BONOBO AND THE ATHEIST:
IN SEARCH OF HUMANISM AMONG THE PRIMATES

First-Year Read Author, Frans De Waal
Author Visit: December 3, 2015



This book will challenge many to examine the basis for cultural and moral assumptions. The topic of the new atheism provides a platform for examining current and trending ideologies reflecting contemporary ethics and philosophical stances. It is likely to be disruptive to set patterns of thought and to some personal narratives, but guided discussion and interpretive writing assignments will be generated as a result of using this as a common text in composition classes.

The text offers rich possibilities for multidisciplinary consideration of ideologies, ethics, interspecies understanding and philosophical points of view. De Waal's visit to our campus is an opportunity for you to engage with the author in a setting outside the classroom.

from the voice vault

Science building bids due

This article was published in the ***September 10, 1969*** *issue of* The Owl.

Plans for the new Science Building to be built for Westfield State College will go out to bid at the end of the month and it is hopeful that construction of the $5,400,000 building will begin in late October. The building will be located adjacent to Bates Hall, approximately where the parking lot is now.

A significant addition to the campus, the Science Building, will serve a multi-purpose function and will enable the college to expand its offerings in graduate and undergraduate psychology and the physical and biological sciences.

The first floor of the four-story building will be basically for psychology instruction. It will contain department offices, a counseling center, experimental laboratories, and classrooms. It will also contain a computer center, an electron microscope, and the lecture level of a large lecture hall.

The second floor will provide for the biological sciences, including botany, microbiology, genetics and anatomy. There will be classrooms, laboratories, and a museum taxonomy lab. This floor will also contain the second level of the lecture hall. On the third floor will be the physcial sciences including geology, physics, astronomy, physical science and earth science. There will be offices, workrooms and a chemistry laboratory.

The fourth floor will be for mathematics. There will some eleven classrooms, a laboratory, and numerous offices. Stairs lead to an observation deck on the roof.

A walk-under path will go through the Science Building from one side to the other.

An architect's drawing of the structure is on display in Parenzo Lobby.

WSC celebrates 125th

This article was published in the ***April 15, 1965*** *issue of* Westek.

Another first has been initiated at Westfield State. On April 30, at the Tekoa Country Club in Westfield the music of Ronnie Drum and his Orchestra will mark the opening of the Freshman Ball and our first spring weekend.

"La Soiree Enchantee" will begin at 8:00 and come to a close with a light buffet at 12:00.

In addition to the "New Journeymen" who will appear in concert on Saturday, May 1 in Dever Auditorium, Student Government is presenting a picnic-folk festival on Sunday, May 2 as part of Westfield's 125th Anniversary Celebration.

On that afternoon, various games and the picnic will be topped off by Westfield students' renditions of numerous folk tunes. This program will be supplemented by two improrted groups who will cover everything from standard folk songs to "Spider John" Kohner guitar and harmonica blues.

The picnic will be catered by Giovanni's. Assorted sandwiches, salads, and soft drinks comprise the menu. Prior to this, games and interclass competition will take place.

Saturday's concert is scheduled for 8:00 p.m. The Sunday festivities will get underway at 1:00 p.m.

Tickets are now on sale. The combination ticket sells for $5.00 a couple (that is - two people attend all activities both Saturday and Sunday.)

Separate tickets are $2.00 (per person) for Saturday night and $1.50 (per person) for Sunday.

Since there are only six days left to buy tickets, remember: bring your money in after vacation and take advantage of being a part of State's first Spring Weekend.

Faculty member to be arraigned Dec. 4

This article was published in the ***November 20, 1989*** *issue of* The Westfield State Owl.

Denise Penna
Heather MacIsaac
Owl Editors

"A member of the faculty is under investigation and about to be arraigned in Westfield for alleged activities related to 'pornographic materials,'" according to Dr. William Lopes, Vice President of Academic Affairs.

The office of Academic Affairs issued the statement last Wednesday stating that, "professor Weston A. Dyer has requested and been placed on extended earned sick leave, and the college has made arrangements to cover his classes. The college will have no other comment since this matter is under review by the appropriate authorities."

Lopes said that as of Nov. 14, "there has been no evidence presented that anyone at Westfield State college has been involved other than the professor in question," adding, "to the best of my knowledge, there are no students involved."

According to District Attorney Paul Finnerty, an arraignment is scheduled for Dec. 4 in Westfield. Finnerty said that releasing information right now would be premature because details are not a matter of public record until after the arraignment.

Jeremiah Marron, senior Chief of Police in Granby, Dyer's hometown, said, "There is no news to report," last Thursday, Nov. 16.

Lopes said, "the college administration is reviewing its options once he is actually arrested and arraigned."

Dyer is a professor in the Political Science department. His classes are being covered by Springfield Attorney Allen Sisistky, Mark Hagobian, and David Street.

Attorney Sisistky is teaching Civil Liberties and one section of American National Government, Hagobian is teaching American National Government, and Street is covering the Comparative Judicial Systems course.

Want to see more stuff from the voice vault?

Contact **Andrew Burke**, editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice**.

CAREER CENTER ALUMNI RELATIONS, AND ACADEMIC AFFAIRS

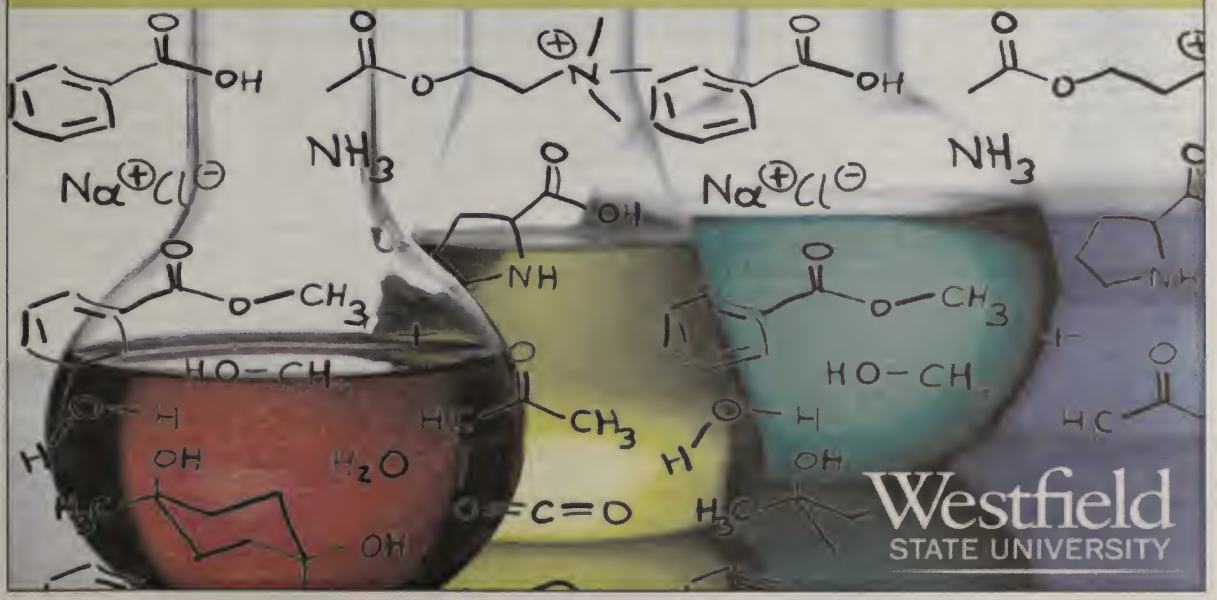
Presents

Biology, Chemical & Physical Sciences

Professional Networking Night

Tuesday, December 1st, 2015

Scanlon Banquet Hall 5:30-7:30 pm.



opinions & editorials

FRIDAY, NOVEMBER 20, 2015 RACE RUGH, EDITOR

"Recovered and Still Struggling: Living Life Post ED"
Coping: This is Who We Are Entry 13

Editor's note: This piece was published on Nov. 16, 2015 on "DEAR HOPE," a website and organization for a growing community of people who advocate for all things related to mental health. The project was created and is owned by Paul Falcone.

Kelly Griffin
Voice Contributor

"Is that really all you're eating?" is a phrase I've been asked countless times. I think no matter how old I am, or where I go, this question will always cause my face to turn red.

Having an eating disorder (ED) can be pretty confusing to those who haven't experienced one before. When you have one, regardless of its severity, you live in a constant state of self-judgment. Every move you make is monitored by your brain. Whether it's choosing something to wear, what you are eating, or going into a public place, you are constantly on alert of what you look like to others.

My experience with my eating disorder was something that indefinitely shaped who I am today and who I am becoming. It started in high school and continued on and off through my sophomore year of college.

Obsessed was an understatement when it came to my body. I thought about my weight and nothing else every second of the day. I came up with genius new ways I could restrict my diet and limit my food intake. It was like a never-ending game that I was addicted to playing. I felt genuinely accomplished when I could limit my food intake and still make it through the day. I portioned my meals constantly, writing everything I ate down in a little notebook I took with me everywhere. Exercising was an addiction I would feed any chance I could, frequently running before and after school.

The less I ate and the more I ran, the thinner I got. And the skinnier I looked, the more proud of myself I became.

Ironically, my eating disorder consumed me to the point where perfection was my only goal. It's honestly a very strange and confusing mental illness that we still don't have all the answers for. I still don't really know where mine developed from, but for a mental illness, the source does not matter. What matters is that it is present.

The whole thing was really self-deprecating. I would be so proud of myself on my unhealthy eating habits but still criticize myself to do more. I was never enough for myself. This back and forth became a comfortable home for me until I physically and mentally could not take it anymore.

Throughout high school I had gone back and forth with my eating habits, living in a constant state of stress over food.

Things got better for me my junior year of high school. I started eating better, participating in healthy activity, and got back to seeing my friends. I felt really proud of myself for fighting this disease all on my own with no help from anyone, keeping this secret to myself for so long.

I thought the worst was over, but it wasn't. The thing about eating disorders, like many other mental illnesses, is that they stay with you for life. It is not something you can wipe your hands clean of. I learned this the hard way.

I entered college feeling stronger than ever. My hard work and pressure I put on myself all throughout high school had finally paid off. It was something I had been looking forward to for a long time; however, the pressure did not go away; it got worse.

Instead of healing from my eating disorder, I regressed harder than ever. I was in a new place, with new people, far away from my old life and new mindset. Once again, I began restricting my eating and over-exercising, feeling like I had control over my life again through my body image.

I would obsessively track everything I ate, skipping meals to go to the gym and working out until I could barely walk. Instead of going to eat with my friends, I would hide in my room picking at Cheerios and planning for the next day. I lost twenty pounds in two months.

I kept pushing myself until my sophomore year of college until something inside of me broke.

I began to feel incredibly anxious over my eating habits and my body weight, getting angry with myself for gaining even half a pound back. I weighed myself two times a day, monitoring my every move, until I started having severe panic attacks every time I walked outside. Finally, I had to go to the doctor and my unhealthy habits were

see **GRIFFIN** *on page 13*

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THE CONSERVATIVE VIEW

One night in Paris...world rethinks "war on ISIS"

Matthew Carlin
Managing Editor

Police and other security forces evacuate the area around the Bataclan Concert Hall on Nov. 14 where one of the terrorist attacks killed over a 120 people.

The topic has been discussed since that fateful night on Friday, Nov. 13; an organized group of terrorists launched a series of planned attacks against the citizens of Paris.

CNN reported the death toll to be at least 129 people while 352 people have been wounded. Many of those killed and wounded are from all parts of the world.

Since the initial attacks, the French Military and Police have launched raids against ISIS strongholds and suspected terrorists in both France and Syria.

The international response has been twofold; national governments are increasing security across their nations while the general public has begun reshaping the dialogue surrounding ISIS and terrorist activities.

Since the initial attacks, people have been taking to social media to express their sorrow and support for the French and the friends and families of the victims. Meanwhile, Governors and local legislatures are taking the opportunity to voice concern over the Syrian refugee placement in our country.

At least 27 governors have indicated that they do not support accepting Syrian refugees into their states while members of local legislatures have echoed the same sentiments.

In Mass., Governor Baker and Congressman Richard Neal have expressed opposition to the current action on the refugees. Baker indicated that he was "not interested" in the resettlement of Syrian Refugees until he knows "a lot more about the Federal government's plan ... and how it would actually be implemented and executed."

Richard Neal expressed similar views in a Facebook post on his congressional page saying he wanted the Department of Homeland Security to have "stricter vetting protocols" when it comes to potential refugees seeking asylum in the United States.

Americans seem to be split on the idea, and the back and forth argument has divided both Democrats and Republicans alike. Primarily, Republicans are those voicing concerns over the refugees. Donald Trump even suggested that he would refuse Syrian refugees at this point as well according to ABC News.

France took the lead following Friday's attack by launching increased airstrikes into ISIS territories and claiming to have damaged at least 70 of the combatants' tactical structures in Syria.

Though France and most countries have already been launching air raids and military operations in Syria and ISIS territories, the Paris attacks have been a catalyst for increased responses from the coalition.

The U.K. and U.S. launched a joint effort in targeting ISIS militants and strongholds.

A few weeks ago, there was a joint force led by the United Kingdom that targeted Jihadist John and ISIS strongholds along Syria. Kurdish forces have begun thorough offensive military operations in Iraq against ISIS-held cities, and even Russia has increased military operations on the ground.

The actions have called for increased cooperation amongst allies in this dark time of war, with leaders calling for a free flow of intelligence regarding terror plots and other articles of espionage.

There have already been countries like Turkey who claim that they have followed such a policy, even going as far as to claim they warned France about the immediate danger of the attack.

In my opinion, Syrian refugees are already vetted and checked by our Homeland Security, so I see no need to "reject" them; that being said, there seems to be a trend for the federal government to keep refugees in densely populated areas like major cities. I for one would like to see us refocus efforts in less populated inland areas.

There also seems to be a lack of scrutiny going on in Europe's free travel zone. In the French-Belgium transit, for instance, there seems to be a cause for concern.

Though I am one for freedom and liberties, it might be worth investigating where people would give some of that up for increased security. Just the other day, one of the suspected terrorists in the Paris attacks slipped past the border police, so one would think people might benefit from increased security.

The way it looks is this: ISIS will be surrounded and immobilized by the combined forces of the world before long, and we may finally see an end to these atrocities.

My heart goes out to the people of Paris, and I pray that they will be able to breathe easy again soon enough.

The Westfield Voice

The objective student press of Westfield State University

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Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

From **GRIFFIN** *page 8*

brought to light once again.

Something I always prided myself on was how great I was at hiding my ED from others. Eventually, like most people with eating disorders, my habits could not go unnoticed for very long. Luckily, I have people that love me enough to try and stop me from continuing these destructive behaviors. The love and support I felt from my family and friends was enough to slowly, but surely, bring me back to life.

I am now considered to be past the recovery stage. It has been a long time since I restricted my diet or participated in over-exercising. I am healthier and happier than I have been before, but I am still struggling. I don't think that there is such as a thing as a fully recovered person from an eating disorder. We are always recovering; it can't just vanish after getting treatment or taking medication. But that is okay.

Self-acceptance is a lifelong battle, which I haven't realized until very recently. The past few years I have worked every hour of every day to try and accept myself for who I am. Things were still really tough and I was beginning to wonder what was wrong with me. I thought that it would all just go away with the right treatment, but it didn't.

Yes, I was doing better, but I still had really bad days or even weeks. Sometimes the negative thoughts would creep back in, making it hard to focus on anything else. I was expected to be "recovered," but in my heart I still didn't feel that way.

Things were different this time, though, and I could feel that, too. Because of the help I had gotten, I had the tools to help me try and be positive on a day-to-day basis.

I could recognize my unhealthy habits and actively try to change them.

I can proudly say that today I am able to eat regularly and keep myself in a healthy state of mind most days. I'm able to run for me now instead of run to be less of me. I still have days when I over-think about what I'm eating, get anxious in my school's dining commons, and panic when I have to eat in front of people I don't know.

The difference between my past and my present is that I'm doing it. When you restrict yourself from eating, you hold yourself back from other things as well. I hurt my family and my friends, and lost so much time being unhappy that I will never get back.

Self-love is a constant struggle. It isn't something that just comes naturally for most of us. It's something you always have to work on, but it's worth it. Even on my worst days I take comfort in knowing I am better than I used to be. Eating disorders have a way of taking over your entire existence, but I would rather fight to love myself than hate myself for who I am.

It is so important to recognize your worth and realize that what you look like has no impact on how you live your life. It takes practice and a long time to be comfortable with who you are, and that is okay.

I can honestly say that as I write this, I have never been happier. So, if you are currently struggling or considered "recovered" like me, it is okay if you don't feel one hundred percent. What isn't acceptable, however, is giving up on yourself. You are worth so much more than the person you see in the mirror. The problem is not with your body, it is your mind and the way you are using it. Surround yourself with people that love and support you, and stay away from those that contribute to your negative thinking.

Be open about your struggles.

Most importantly, don't forget that what you can do with your body is way more important than what it looks like. You could run a marathon, comfort a friend in need, or even change the world.

Your body is simply a vessel for your beautiful soul, not a way to determine what you deserve, because what you deserve is to fall in love with yourself. Take the time to do so, and I mean really and truly do so, and nothing can stop you.

From **CASHMAN** *page 14*

Manhattan, chances are you'll glance through a high-pained window and look into an establishment where no walk-in guests are allowed and everyone is dressed to the nines, eating off of small polished plates and sipping glasses of Chateau Margaux.

You will most likely walk on and head to the North End or to Brooklyn to pay tribute to one of your favorite, less expensive, restaurants. Once there, you'll order a good steak paired with a reasonably priced glass of wine and engage in some conversation with the bartender. Well, guess what? You owe that to the French, too.

There is nothing wrong with haute cuisine or a little fine dining of course, but the soul of France's food is in its bistros. Much like an Italian trattoria, the French bistro is where you go to get the real food of the country. There is nothing overly fancy or posh about a French bistro; it is simply a place to go when you're craving a great meal that won't burn a hole in your pocket.

French comfort food, like confit of duck, boeuf bourguignon, and ratatouille are the types of dishes you will likely find in a bistro, depending on the region.

Food, like music, is a universal language. We all eat; some of us may choose to eat only vegetables, while others of us choose to eat a diet more suitable for an omnivore. My point is that while food is diverse and changing, and while some of use may like some things more so than others, we all eat.

We can all gather around a table and enjoy a wonderful meal, no matter who we are or what kind of food is being served.

If you can sit around a table with those you love, then you'll never have a bad meal in your life. Food is love. I know it. You know it. The French know it.

Vive la France!

Comme toujours: bonne table et une bonne alimentation.

Dedicated to the people of France, Beirut, and Baghdad and all other countries who have faced the horrors and atrocities of terrorism

From **CAULFIELD** *page 2*

Thanksgiving.

Marissa Cremin, community relations and fundraising representative, said the annual turkey drive raised $2,383.36.

The Salvation Army will be receiving 125 turkeys from the money raised on Monday, Nov. 23. Last year, the turkey drive raised enough money to buy 114 turkeys, making this year the best turkey drive to date.

Lezlie Campbell, commuter council president, opened new business at the end of the meeting to show appreciation for the Black Student Union's peaceful rally with a campus blackout on the green. The event showed support for students around the nation experiencing racial tensions at predominantly white institutions.

"I am deeply appreciative of all the students, faculty, and administratives who came out to support us," said Campbell, who is also president of the BSU.

"We wanted to show the support we have for the students of the University of Missouri and what they are facing on their campus right now. It was nice to show we can all stand to together on this issue," Campbell said.

The next meeting of the Student Government Association will be Dec. 1 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

arts & entertainment

FRIDAY, NOVEMBER 20, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of November 16, 2015

Top 10 Singles

1. Hello - Adele
2. Hotline Bling - Drake
3. The Hills - The Weekend
4. Sorry - Justin Bieber
5. What Do You Mean - Justin Bieber
6. Stitches - Shawn Mendes
7. Focus - Ariana Grande
8. Wildest Dreams - Taylow Swift
9. 679 - Fetty Wap Ft Remy Boyz
10. Like I'm Gonna Lose You - Meghan Trainor ft. John Legend

Top 5 Albums

1. Traveller - Chris Stapleton
2. Storyteller - Carrie Underwood
3. Mr. Misunderstood - Eric Church
4. NOW 56 - Various Artists
5. Beauty Behind The Madness - The Weeknd

Top 5 Movies

1. Spectre
2. The Peanuts Movie
3. Love The Coopers
4. The Martian
5. The 33

Upcoming DVDs

1. Jimmy's Hall
2. Meru

Une ode à la France – An Ode to France

Ryan Cashman
Voice Columnist

PHOTO FROM FOLINCOWIEWEDDINGS.COM

"If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast," Ernest Hemingway, "A Moveable Feast"

It was hard for me to start writing this week's column. I'm sure journalists and writers everywhere shares this feeling when talking about what happened in Paris last week. Horrific acts of violence and the tragedy they bring are never easy for anyone, let alone journalists, to write about.

I'm recalling a specific story, which I read over the summer in "Yankee Magazine," about the shooting of the editor of a New Hampshire newspaper back in the 1990s. He, along with a lawyer and a state trooper, were gunned down in the parking lot of the newspaper office.

Despite being wracked with grief, the team at the paper pressed on to meet the evening deadline. They upheld the journalistic standards and integrity of their paper while simultaneously honoring their fallen friend. The story is riveting, and it's a testament to human resilience and courage.

Since last Friday, I've been fishing for the right words to say about France and why it is a country we foodies owe such a debt of gratitude towards, but I've realized, in the words of Abraham Lincoln, "how weak and fruitless must be any word of mine which should attempt to beguile you from the grief of a loss so overwhelming." Yet, much like our 16th president, I feel I cannot refrain from using my own fruitless words to pay homage to a great country and to tell you why not just Paris, but all of France, is "a moveable feast."

France is a diverse gastronomical country. It shares borders with the Spanish, the Belgians, the Swiss, and the Germans; it has two very distinct, climatically different coasts, the North Sea and the Mediterranean; the Pyrenees and the Alps create rugged, mountainous areas where hearty countrymen maintain their survival by eating cheeses and game and drinking rich red wine; the Riviera has played host to celebrities and foreign leaders; and Paris alone has been the home of some of the world's greatest chefs such as Eric Ripert, Jacques Pepin, and Julia Child, writers like Hemingway, Joyce, Beckett, and Fitzgerald, painters like Renoir, Van Gogh, and Monet, and philosophers like Voltaire and Thomas Descartes.

The French café, like the Italian café, is the heart of French elegance. It was in a Parisian café where Hemingway wrote the quote which adorns this article, and it was in a small café/bistro where Julia Child ate her first French meal: Sole Meunière.

The independently run cafés in this country are based off those in France. They are small shops where you can order as many cups of coffee as suits your fancy, and you can sit at your favorite spot by the window and write all day.

Cafés are sanctuaries for creative types, offering a safe area to think silently or out loud over pastries and that dark liquid we writers thrive on. You can thank the French for that.

Fine dining was created in France, too. Haute cuisine is that all too sophisticated branch of cookery where you are presented with multiple courses of meticulously prepared, high-priced food served with equally expensive wine and with more silverware than what is in your grandmother's entire collection.

So, if you're ever putting around the South End of Boston or Downtown

See **CASHMAN** *page 13*

'And Then There Was One' by MTG a success

Iviannette Acevedo-Rodriguez
Voice Reporter

When I first entered Scanlon Banquet Hall on Thursday, Nov. 12 to see the mystery dinner show MTG was putting on called "And Then There Was One," I did not really know what to expect, but I was immediately drawn in as soon as the show started.

It was not at all what you would think a mystery play would be. The show was outrageously funny, and most of the characters were equally hilarious.

The show started with a butler named Clayhorn, played by Alex King, and a maid named Mimms, played by Presley Mahanna, who were married. They were discussing how they felt about the fact that they were trapped on an island with a job given to them by a man they had never met.

They heard a thump on front door and found an unconscious woman who they presumed was dead. The butler hid her by putting a lampshade on her head. He then introduced each character as he or she arrived.

As people arrived, Clayhorn shouted out their names in an obnoxious way that was surprisingly funny. The characters gathered and listened to a tape recording left by the mysterious man that had invited them to the island.

The man said he wanted to see what happened when ten strangers are left on an island for a weekend when there is a murderer on the loose.

Everyone on stage began to panic as one of the characters, Presley York, played by Rachel Dunphy, dropped dead from eating the snacks Mimms brought out. They all then began to question Mimms.

As the show went on, each character died off until there were only two left: the actress, played by Morgan Doherty, and the ingénue named Heather, played by Julie MacLeod.

A shot went off and the actress went down, so it seemed as if Heather was the killer; however, everything is not as it seems. One character after another woke up and claimed they had faked their death to survive the weekend, so in the end there was no killer.

This play exceeded my expectations, but three characters really caught my attention. Alex King played Clayhorn wonderfully.

He was extremely funny and kept me laughing throughout the whole thing. The second character was Mimms.

She and Clayhorn were an awesome duo. The final character that I thought was very good was the actress. She was hilarious with her sassy attitude and distinct voice by Morgan Doherty.

The rest of the characters were also quite good, though I couldn't hear much of what the singer was saying. She spoke a bit fast and a little too quietly.

The handsome man, played by Cameron Swan, was not the smartest character, but he had a lot of charm and attraction for Heather. Their little romance was very cute.

Overall, the play and the food were definitely worth the eight dollars I paid. It was funny, charming, and mysterious. The acting was great, and I will most likely watch out for anything else put on by MTG.

Horoscopes

Aries (March 21 – April 19): This week is looking busy for you, Aries. Think about quitting some of those activities you joined just for the gold star on your resume.

Taurus (April 21 – May 21): Looks like you will be getting a call from your boss this week to let you know how appreciative they are of all your hard work! They're also going to ask you to pick up an extra shift Friday **night.**

Gemini (May 22 – June 21): You are missing that special someone, Gemini. Surprise them with a visit this week. It could be great! It also could be horrible.

Cancer (June 23 – July 22): You have to give someone some tough love this week. Do not be afraid. They will probably hate you for it, but at least you did "the right thing!"

Leo (July 23 – August 23): An interesting BuzzFeed article will show up on your Facebook feed, Leo. It will be 5 minutes of your life you will never get back. Read it anyway.

Virgo (August 24 – September 22): Virgo, just send in your job application already. The worst that could happen is rejection. The best that could happen is a lifetime in a monotonous workforce you relatively despise!

Libra (September 23 – October 22): You have a big project coming up that you have not even started, Libra. You should probably get on that. You could also binge watch Season 11 of Grey's Anatomy, but it is up to you.

Scorpio (October 23 – November 21): A possible love interest will come your way this week, Scorpio. Watch out, they will probably break your heart in the end. Pursue it anyway!

Sagittarius (November 22 – December 21): Sag, you are feeling extra confident this week. Keep doing what you are doing! Enjoy it while it lasts, because it is not going to last.

Capricorn (December 22 – January 19): You are looking for change, Capricorn. Stop looking. Things are fine as they are.

Aquarius (January 20 – February 18): Luck is on your side this week. Unfortunately, it is not on the other side. Watch out.

Pisces (February 19 – March 20): Pisces, you have been thinking about making a big decision this week. You are close to an answer. Keep thinking about it, or just forget about it all together.

Dear Gail,

My best friend keeps making jokes that aren't really funny. I keep trying to tell her nicely that they're immature and tasteless, but she doesn't get the hint. What do I do?

Signed,
A Laugh-less Existence

Dear Laugh-less,

I wish I could relate. Being the funny one in the group, I've never had friends even try to challenge my jokes; however, I'll try and help you out. Try making these "hints" a little more obvious. Go big or go home, as I always say. If they call you out for calling them out, maybe they're not someone you want to be around. Woah, that got deep! Best of luck to you. Stick it to the man!

Love,
Ya girl Gail

If You Have An Idea, Thought, or Criticism, Please Send A Letter To The Editor To thevoice@westfield.ma.edu And We Will Respond As Well As Publish It In The Paper.

Music Review: "Made in the A.M" by One Direction

More than just a boy band

Shannon Anderson
Voice Contributor

When Zayn Malik, decided to leave One Direction this past March, I thought I would never hear another song by the band.

Because he was one of the best singers, his departure left me completely in awe, and I often questioned whether or not the group could continue and produce good quality sounds without their main falsetto.

Although the group had now become a quartet, they were still ambitious about their quality of music.

They spent the whole summer producing their fifth album titled "Made in the A.M.," which they released on Nov. 16.

I am completely stunned to say that this album is the best that the group has ever made.

Maybe Zayn was holding them back. Or maybe the shock of Zayn leaving made them feel they needed to prove that they aren't just a formulated boy band—they are four individual artists who can make great music together.

This album sounds nothing like the last four. Every single song sounds completely different, each with an incredible raw sound.

It is clear to me that most of the songs on the album are dedicated to the fans; after five years and five albums, the boys have a lot to thank them for.

Some songs were also written about the Brit boys love interests.

Some say that the cool, edgy song "Perfect" was written by Harry Styles about the one and only Taylor Swift—the perfect response to her recent song "Style."

The new album features slow tear-worthy ballads such as "I Want to Write You a Song" and "If I Could Fly," which is something the group has yet to produce, clearly showcasing their maturity and growth as songwriters.

One of my favorite songs on the album "Temporary Fix" reminds me of a British alternative sound like artists such as Artic Monkeys or Jake Bugg. I also found that the song "What a Feeling" sounds like it came straight out of the '80s.

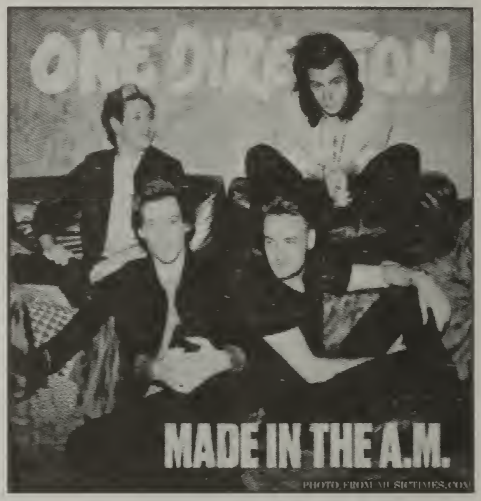

PHOTO FROM MUSICTIMES.COM

If you have never really listened to One Direction before now, I would give this album a listen; it deserves it. The bubblegum pop boy band is no more.

Although the group will be taking a two-year hiatus at the end of this year, they have finally found their sound, and I think it is a sound that anyone would enjoy.

"It's as simple as heart surgery"

Reasons why Cristina from Greys' Anatomy is completely relatable:

Emily Spakauskas
Voice Contributor

1. Despite being an exceptional cardiothoracic surgeon, Christina Yang from the popular TV show "Grey's Anatomy" has many similarities to you and me.

2. She works hard at what she does but she accepts when she is wrong about something.

3. She is constantly hungry, which—come on—isn't every single college student ever?

4. Christina is always there for her best friend to have a night out or a girl's night in.

5. She embodies the successful yet still relatable TV character that you worship and aspire to be like.

In reality, she's just a hungry, hardworking, caring, and busy person who is constantly learning from her mistakes, just like you and me.

This just goes to show that you're not so different from a cardiothoracic surgeon.

Now doesn't that at least make you consider re-thinking med school?

PHOTO FROM TV.COM

Tracking the Way Leaves Fall: A Series

1. Idolatry by the Basile

A prehistoric moonshine
jar, dad fished out
from an October slurry
collecting around the barn's edge.

This thing around the dinning set,
covered up all proper.
We put Linus' pillowcase—strangled
to cobwebs—over the lip,

hiding the grime
we haven't got to cleaning yet.

2. When Photo Albums Get Involved

I sat tight and heavy, another couch
fixture:
an afghan made from
crochet lampshades,
the penny I pressed in Montana
tight in the cushion,

the molasses vibration settled in your
corneas—
a glassy varnish
brought on by pure

3. How Coach Wants Middletown Feeling After the Tri-County Tourney

A shorn tabby, sauced
with hand sanitizer,
wind-chime tail bones limp.

4. When I Wished that Picture of Mary Could Come Off the Mental

A boy and his dog found a man
in a black trash bag buried
under the Nebraska pine-needles
shaved off the last hunk of copper
in the state. The dog took the corner as
a toy.
Obsidian deposit, a tug of war, and
monoxide
spilled, like the swampy bourbon dad
tells
his son be longs on this table.
The two could do nothing but leave it
there,
saying not even their priest
was about to find this one out.

owls athletics

FRIDAY, NOVEMBER 20, 2015 MICHAEL BARRY, EDITOR

Leef continues hot start against Fitchburg

Andrew McGill
Voice Reporter

Last week was an optimistic one for the Men's hockey team. They took part in two MASCAC contest and came out of both of them with big wins.

On Thursday, the team travelled to Fitchburg and made a late comeback to win its second contest this season. Lead by Captain Jackson Leef, who potted 3 goals in the game, the Owls were able to clip the Falcons.

Leef opened the scoring with two and a half minutes left in the first on a tally assisted by senior defenseman Kyllian Kirkwood and sophomore forward Cory Wilson.

The lead didn't last at all, however, as Fitchburg State was able beat Westfield goaltender Jonathan LoPraco just 8 seconds later off the stick of senior forward Nat Rojas.

Both teams were kept off the score sheet, until an eventful third frame, which Fitchburg opened up with a at the 10:02 mark of the period.

This lead would hold up until there was 2:15 remaining in the period when Jackson Leef was once again able to get one past Fitchburg's freshman net minder Charles Jakobsson.

Then, with only 30 seconds remaining in the game, Leef completed the hat trick just in the nick of time, giving the Owls the victory, 3-2.

The team played very well in the game outshooting Fitchburg 41-29. Although, the Owls' easily could've easily dropped the game if it wasn't for the late game heroics of Leef.

The Owls then faced another MASCAC opponent on Saturday, in the form of the UMass Dartmouth Corsairs. This contest was less competitive as the Owls' never allowed the Corsairs to take the lead.

The Owls netted the first three goals coming from sophomore defenseman Donovan Gardiner, sophomore forward Roman Pfennings, and sophomore forward Cory Wilson.

After giving up three unanswered goals, the Corsairs were able to use some of the momentum given to them by a couple of Westfield penalties and snuck in two relatively quick goals past Westfield's Lopraco. At that point it was a one-goal game with just over 6 minutes to go in the third.

The Owls' would not let the Corsairs back into the game however, and got off their heels with a Dalton Jay goal less than a minute after the Corsairs made it a one-goal game.

Just a few minutes later Jay was able to net his second of the game and put the game out of reach, solidifying the Owls 5-2 victory over UMass Dartmouth.

The Owls are currently ranked 2nd in the MASCAC with its 2-1 record in the conference. Its win over Fitchburg gave the Falcons their first loss in the conference this season, and pushed the Owls up to number 2.

Junior captain Jackson Leef (5) has been on a tear to start the 2015-16 season with five goals in five games, including a hat-trick and game-winning goal against Fitchburg State. He leads also has one as-

Two of the Owls' were honored this week with awards for their play from the MASCAC. Jackson Leef was named the men's ice hockey player of the week for his efforts against Fitchburg and UMD. Leef ranks second in the conference in goals (5) and points (8), and leads the conference in points per game (2).

Goaltender Jonathan LoPraco was also given honorable mention for his performances, posting 2.00 goals against average and .923 save percentage. He made 27 and 31 saves against Fitchburg and UMass Dartmouth, respectively.

The Owls will play a pair of home games this week. They will play Thursday against Worcester State, then turn around and play Franklin Pierce on Saturday.

While Franklin Pierce has yet to win a game all year, Worcester State has yet to win an in-conference game and the Owls will be looking to keep it that way.

Scores of Past Owls Athletics Events	*Upcoming Owls Athletics Events*
Thursday, November 12th	*Thursday, November 19th*
M Ice Hockey at Fitchburg State W 3-2	M Ice Hockey vs Worcester State 7:35 pm
Friday, November 13th	*Saturday, November 21th*
M Basketball vs WNE W 71-55	W Swimming at Smith College 1:00 pm
Football at WCSU L 42-63	M Basketball vs Emmanuel College 1:00 pm
Saturday, November 14th	W Basketball at WNE 1:00 pm
W Swimming at Mt. Holyoke L 119-163	M/W XC at NCAA Championships Winneconne, Wisc.
W Basketball vs Coast Guard L 93-96	*Tuesday, November 24th*
M Ice Hockey vs UMass Dartmouth W 5-2	W Basketball vs Mt. Holyoke 5:30 pm
M/W XC at NCAA Regional Qualifier 17th/20th	M Basketball vs Nichols 7:30 pm
M Basketball vs WPI L 50-59	M Ice Hockey vs Franklin Pierce 7:35 pm
W Basketball vs Rivier W 100-74	*Saturday, November 28th*
Wednesday, November 18th	M Basketball at Union College 7:00 pm
W Basketball vs Keene State L 64-93	*Sunday, November 29th*
M Basketball at Norwich University L 70-77	M Basketball vs Clarkson University 2:00 pm

Football looks to next year

Senior Wide Receiver Colin Smith (20) caught two touchdowns in the final game of the season against WCSU. He finished the season with 724 yards on 42 receptions and 8 touchdowns.

Andrew McIntosh
Voice Reporter

The Westfield Owls took on Western Connecticut University in the final game of the season last Saturday. West Conn took home the victory in a shootout that ended with a score 63-42. This game was the highest scoring game in history for the Owls totaling 105 points.

To Start the game, West Conn put together an impressive 73 yard drive on 13 plays. Westfield didn't have the same success on their first drive punted the ball back to West Conn. The on their next offensive possession West Conn was driving in Westfield territory when they fumbled and it was recovered by John Ollari who returned it to the West Conn one yard line. This was a huge shift in momentum swing for the Owls.

On the Next play Bryan Waruhiu went over the top to tie the game at 7 a piece. West Conn then responded with a 59-yard touchdown. The Owls once again responded with a Waruhiu touchdown in order to close out the first quarter 14 all.

Unfortunately the Owls couldn't get anything going at the start of the second. It was West Conn with all the momentum scoring four touchdowns including one to close out the first half. With Westfield trailing at half they needed a spark to get their offense going again.

The Owls received the ball in the second half and took advantage. Running an impressive seven-minute drive taking the ball down 64 yards in 12 plays. It was freshmen Travon Holder that ran it up the gut to make it 42-21. West Conn then responded with a touchdown of their own to make the score 49-21.

A costly fumble for the Owls on their own 25 put West Conn in scoring position and they converted it for a score to make it 56-21.

Then with short time to go in the third the Owls to cap off their 11 play 73 yard drive they went to once again Waruhiu who punched it in to make it 56-28 going into the final quarter of play.

West Conn had one more touchdown in the fourth quarter to make their total for the day 63. Westfield closed out the game with two touchdowns in the air. The first coming from Senior Quarterback Eric Washburn connected with Colin Smith to score a 29-yard touchdown pass. The second touchdown pass went to Smith also but by the way of sophomore quarterback Phil Cohen. Cohen hit Smith over the middle for a 45-yard touchdown pass, which made the final score of the game 63-42.

The final stats for Washburn were 17/27 for 164 yards and one touchdown. Cohen threw for 101 yards and a touchdown. Senior wide out Colin smith ended the day with 101 yards receiving and two touchdowns. Along with Waruhiu having 85 rushing yards for three touchdowns. On the defensive side of the ball John Ollari racked up 15 tackles 14 of them coming solo. Noting also that this was the fourth time this season the Owls have managed to score 40 plus points.

Overall this was a season for the Owls with many games that could have gone either way. There was a lot of fight in this team that was easy to tell for sure.

Intramural Standings

Co-Ed Volleyball

Team	Wins	Losses
Backdoor Bandits	9	1
Premature Shooters	10	2
Avengers	4	1
Fresh Meat	6	2
Football Club FC	5	4
Bangaz	5	7
Sets on the Beach	3	8
Westfield Walks	3	8

5v5 Basketball (Skilled-East)

Team	Wins	Losses
RNS	3	1
Coughing Owls	4	2
Man Dimes	4	2
Backdoor Bandits	3	2
Dirty Tim & The Boys	3	3
LG3	2	1
Raw Dogs	1	5
Team Rachmacio J	0	1

5v5 Basketball (Skilled-West

Team	Wins	Losses
Bucks	5	1
Hit It & Quit It	4	1
Moose & The Boys	2	1
Step Dads	2	3
Money Team	1	2
Octopus C's	0	0

5v5 Basketball (Highly Skilled)

Team	Wins	Losses
Let's Work	3	0
Prospect	4	1
Smoking Aces	4	2
The Vets	3	2
HYFR	1	2
Spartans	1	2
Straight Outta Lowell	0	1

Soccer Co-Ed

Team	Wins	Losses	Ties
Doesn't Mata	7	0	1
Bucks	4	2	0
Oedipus Complex	3	1	2
Space Monkey Mafia	3	1	2
Sets On The Beach	2	5	0
Bend It Like Beckham	1	3	1
Blood-Bath & Beyond	1	3	0
Jiminiy Kick-Its	1	4	0
Hooters	1	1	0
Moose & The Boys	1	2	0

Men's Soccer (Skilled)

Team	Wins	Losses	Ties
A.M. Lumber	2	1	2
Below Average	2	1	0
Voley Dohaeris	2	1	2
Octopus C's	2	3	0
Backdoor Bandits	2	3	1
Premature Shooters	0	3	2

Men's Soccer (Highly Skilled)

Team	Wins	Losses	Ties
413 Boys	4	2	0
Dead Beat Creep	4	2	0
Football Club FC	4	2	0
Stanley Park Rangers	3	1	2
SYC FC	3	1	1
Win or Lose We Still Booze	2	3	0
G. Vegas	0	5	1
Bye Week	0	3	0

Red Sox poised for off-season overhaul

Tyler Mason
Voice Reporter

Mike Hazen was named as the senior vice president and general manager of the Red Sox on September 24. He is the most qualified for the job as he was named assisstant GM in 2012.

With the 2015 season ending and everyone getting ready for the offseason rumors to heat up like the oven on Thanksgiving, let's go back to the 2015 season for the Boston Red Sox and see what the biggest disappointment was for this ball club.

I'll just start off and talk about the big, large, slow, and... did I mention big, third basemen for the Boston Red Sox, Pablo Sandoval. I will try to keep it PG here when I talk about the Panda. I will admit that when I first found out about the signing, I thought he was going to be fine.

This was before I knew what the pitching rotation was going to look like on opening day, but with his playoff experience, I hopped on the Panda Bandwagon and believed he was going to be a more positive signing than a negative one.

Boy was I wrong.

Seeing him bat righty was laughable to say the least. His 3 singles and one walk in 47 at bats were just not doing the job. I think a chicken with its head cut off would probably make better contact than Pablo hitting righty. But don't say the word "chicken" in front of him, because he will probably get hungry.

It came to the point where near the halfway point of the season, the coaching staff finally made him bat from the left side permanently. That still didn't help him because at the end of the 2015 season, he hit a mediocre .245 batting average, just edging out his weight at 240lbs. His weight has always been a problem in his career, but this looks like an all time low. After leaving San Francisco where they were watching his weight, it seems like Boston didn't say they were going to do that. He looks bigger, slower, and not someone I would want as my everyday third basemen.

Has he won three World Series? Yes. Is he one of the best playoff hitters in the game? Yes. But has their been former teammates saying that he is cancer in the locker room? Yes. And if the team he plays for doesn't watch his weight, will he just eat anything he sees? Just watch the Red Sox and you will see for yourself. Can you tell I don't like Pablo Sandoval?

As I am cooling off about the Sandoval struggle, I began to notice a specific trend and it's trend that Red Sox fans may not want to hear. Back in 2011 The Red Sox decided to go "sexy" and get some big time players and spend the big bucks for them. Speedy outfielder Carl Crawford and power hitting first basemen Adrian Gonzalez were both players from small market ball clubs (Tampa Bay and San Diego respectively) and coming to Boston, an organization where if they aren't contenders, the entire season is a failure. If you don't know how the 2011 season went, I recommend you look it up at your own time because I don't think you would want to hear about it from me.

What I am getting at is that the "sexy" approach hasn't worked well for the Boston Red Sox. Crawford and Gonzalez weren't ready for the media, expectations, and overall atmosphere in Boston. Now let's fast-forward to the offseason before the 2015 season began.

The Red Sox decided to spend 88 million dollars on the injury prone, streaky hitting, and NON OUTFIELDER Hanley Ramirez, a shortstop/third basemen that was turned into a left fielder.

Ramirez will be entering the 2016 season as the starting first basemen for the Red Sox, another experiment where we are all going to have to and wait and see if that will be a disaster like Hanley trying to take on left field and that big wall out there. And then 95 million dollars on Pablo Sandoval...you know the issues there.

So, is getting big named players the best idea for the Boston Red Sox? It clearly wasn't the plan in 2013. They got good club house guys for cheap money and they all meshed perfectly. No new big names added, but merely players that did their job, did what they were told to do without any issues, and played the game hard everyday. That plan won a World Series.

They also had a pitching staff that the one we were forced to watch night in and night out this season couldn't compare to.

With the 2015 season ending and new President of Operations, Dave Dombrowski being the new captain of this sinking ship, he may have what it takes to make Boston great again. With the newly acquired closer, Craig Kimbrel, you have a feeling that Dombrowski is just getting started. There are many problems with this ball club right now and he isn't afraid to break some hearts by letting go of some fan favorites.

The Red Sox need an ace, a proven ace. With big time free agents available like David Price, Zack Greinke and Johnny Cueto, don't be shocked if Dombrowki decides to trade for their number 1 guy. All three may want to go to the National League because their are a lot of hitter friendly ball parks in the American League like Boston, New York, Baltimore, and Tampa Bay.

Notice that all of those teams are in the A.L. East and Boston will be playing those teams a lot in the season. Also, with there not being a DH in the National League, Price Cueto may head over there with Greinke because it seems like they could be a lot more successful.

With the off season among us and block buster deals hoping to be made for your favorite team, the Red Sox have a lot of work to do. Let's say I was in charge of the Boston Red Sox. What do you think I should do first? Ooooh I don't know... *cough cough* trade Sandoval *cough cough.*, but that is just a dream of mine, so we are just going to have to wait and see.

Early NBA season filled with surprises and disappointment

Kyle Finamore
Voice Reporter

The 2015-2016 NBA season is in full swing and it has been entertaining to say the least. The world's best basketball players have put on a show that keeps fans glued to their seat.

Individual dominance has been the story so far, which makes the race for the NBA MVP fascinating. Players are putting up record statistics for early season NBA basketball and it has me wondering who will be able to keep up this pace for the entire year and who will fall. Let's take a look at the early season favorites for NBA Most Valuable Player.

The first candidate and current front-runner is Stephen Curry of the Golden State Warriors. The MVP from a year ago has been absolutely lighting up the scoreboard from all over the court.

Curry is averaging a league-best 33.7 points per game, including a 53-point performance against the New Orleans Pelicans. While Curry's strength is his deadly three-point shooting, his ball handling and inside scoring ability is what separates him from the rest.

Opposing defenders become too worried about Curry's sharpshooting ability from behind the arc that they are easily burned by ankle breaking crossovers. Curry is able to take advantage of this by pulling up on three pointers from anywhere on the floor.

To make matters worse for his defenders, he is making more threes than any player in the NBA. Stephen Curry has taken 136 three pointers, making 62 of them for a 44% percentage. Curry is emerging as one of the greatest shooters of all time and he is showing no signs of slowing down. Stephen Curry is the current, clear favorite to win the 2016 NBA MVP.

Second is Andre Drummond of the Detroit Pistons. The 22-year-old, 9th overall pick back in 2012 has proven he should have been deserving of a higher pick in the 2012 draft. Drummond has been a beast on the boards, grabbing record rebounds in an NBA that has been evolving toward a more perimeter, outside, and fast break style of play.

Andre Drummond is averaging 18.9 rebounds per game along with 19.1 points per game. His bigger games include a 27 rebound, 29-point game against the Trailblazers and a 29 rebound, 25 point game against the Pacers.

Drummond has been able to silence those who say the NBA big man is dead, showing his value to grab offensive rebounds and gain more possessions for his offense. He has displayed the need for a dominant Center that softens up the inside of the defense and creates endless opportunities for the offense to move the ball on all parts of the court.

This dominant big man opens up easy looks at the basket from the inside or outside. Andre Drummond is the best player on his team and makes his supporting tremendously better overall, which makes him a close second to Stephen Curry for the NBA MVP.

Third on my list is the always-exciting Russell Westbrook of the Oklahoma City Thunder. The 4-time all-star and NBA All-Star Game MVP in 2015 has gotten off to a hot start this year even while his team has been struggling.

PHOTO FROM SPORTING NEWS

Stephen Curry and the Golden State Warriors are the best team in the early part of the NBA season and look poised to repeat as champions, whether Luke Walton or Steve Kerr is coaching

Westbrook is averaging 26.7 points per game with 10.6 assists and 7.7 rebounds per game. The point guard is really starting to learn how to share the ball with his all-star teammate Kevin Durant.

Westbrook's ability to drive to the basket is superb, where he is able to get quick, easy lay-ups and kick-outs to his teammates on the outside. His ability to assist and rebound, in correlation with his ability to score at will is what gets him the nod as the number three MVP favorite.

I've come up with a list of a few other players that are in my honorable mentions. All of these guys could easily put together an elite season and end up winning the MVP at the end of the season.

First is Kevin Durant. Durant is scoring the second most points in the league behind Steph Curry and very well could take that scoring lead from him at any time. Durant falls out of the top three because of the excellent play of his teammate Russell Westbrook.

What kind of MVP list would this be if I didn't include Lebron James. In recent years, Lebron has gotten off to slow starts by his extremely high standards. Do not look past Lebron though because the best player in the world will always be in the MVP conversation by the end of the season.

Finishing in second in the voting last year, James Harden is always within the league's best in scoring and will continue to best the top option for his team and will get the majority of the points. Harden lacks the rebound and assist numbers that the other MVP candidates have, so that is what drops him out of the top three.

My last honorable mention is Blake Griffin. Griffin is another dominant big man in the NBA that is putting up excellent scoring and rebound statistics. Griffin's ability to stretch the floor and knock down some outside jumpers is what separates him from the traditional big men, but his inability to lead his team to clutch victories is what keeps him out of the top three.

The NBA MVP watch for 2015-2016 should be an extremely close battle and will be sure to change over the course of the season. It is truly fascinating to watch the best basketball players on Earth take the same floor every night on the national stage.

The MVP award is never safe, so players have to put up their best effort every night. One single performance can change the chances for any player. The battle rages on in the NBA.

Rousey loses title against Holly Holm in first career blemish

Jack Corsi
Voice Reporter

Ronda Rousey was one of the biggest names in the UFC going into last Saturday's title fight. Her opponent, Holly Holm, an undefeated fighter that was known for her terrific boxing. What was about to happen shocked the entire fight world.

Holly Holm ended the streak of Rousey by way of knockout. Something no one else could do, 12 fights and no losses for Rousey until this point. Holm is the 1 in 12 and 1, and what else is interesting is she remains undefeated. What a feat for the 34 year old in the biggest fight of her life.

Ronda is expected to get an immediate rematch and I don't think that's the best idea. Give Ronda some time off so she can have time to train. Holm obliterated her last Saturday, and let's say totally outclassed her as well.

She needs some time to train and figure out a plan of attack. Even give her a match with Bethe Correia or Liz Carmouche, someone she's fought in the past and can get a good outing against. An immediate rematch could mean the same outcome and no one really wants that.

For Holly Holm, this is a life-changing career move. She is now the number one ranked fighter in the Women's Bantamweight division. She has the best opportunity of her career now with this title. She could easily defeat Ronda again because she is in her head.

I'd like to she her face Miesha Tate. Tate is a lot like Rousey, and Tate has a rather big mouth. If Tate tries to go at Holm with trash talk, then she will be in the same position Rousey was in.

Rousey was not focused going into this fight. She was too busy with Hollywood and media appearances. You could say differently, but when she's in the Entourage Movie, an Expendables move and oh yeah at Wrestlemania, distractions are at an all time high. Arrogance crushed her chances; yes she oozes with it in all her fights but come on Ronda you were over confident.

Ronda Rousey has made herself into one of the biggest sports icons in the country with her quick victories and undefeated record. Now she will have to rebuild her reputation.

What does this outcome mean for Dana White and company? Well for one, you have a new star in Holly Holm. That woman can clearly throw a haymaker and a kick. She is clearly a star in the making.

Dana also must being seeing dollar signs due to the possibility of a Rousey-Holm fight trilogy. For Rousey, it's time to put up or shut up. Go back, get ready and get focused. Lack of focus crushed you and if you come out the same way the same outcome will happen.

The next big card features four current superstars. Conor McGregor and Jose Aldo will finally get the chance to tear each other apart. As well as Chris Weidman and Luke Rockhold, a co-main event that would be the star fight on 95% of the other cards in the past year. I honestly can't wait for these two fights, along with the rest of the card.

Royals win first World Series since 1985 against New York Mets

Nic Odell
Voice Reporter

The Kansas City Royals defeated the New York Mets in five games and have won the 111th edition of the World Series. Game 5 was nothing short of incredible.

The Mets were three outs away from going to a Game 6, and Mets starting pitcher Matt Harvey got his wish to start the ninth inning, with his team up 2-0. Harvey gave up a leadoff walk to Royals hitter Lorenzo Cain.

Then, manager Terry Collins made the questionable decision to leave Harvey in the game instead of bringing in closer Jeurys Familia with a runner on first, and from there, things started to unravel for the Mets.

Hosmer then hit an RBI double off Harvey to make it 2-1, and Collins had enough and brought in Familia. Hosmer advanced to third on Mike Moustakas' groundout to the right side. Then, Royals catcher Salvador Perez came up.

Perez, if you recall last year's World Series, had a game-tying opportunity against Madison Bumgarner in Game 7. There was a runner on third with two outs in the ninth inning, and Perez popped up to third to end the contest, and the Giants won the World Series.

This time, it was a whole different story. Perez hit a groundball to Mets third baseman David Wright, and Wright looked at Hosmer at third for a moment then threw to Mets first baseman Lucas Duda at first for the out there.

But as Wright released the ball from his hand, Hosmer started bolting to the plate, and after Duda caught the ball for the out at first, he threw immediately home to Mets catcher Travis D'Arnaud, and the throw went wide, making Hosmer safe at home to score the game-tying run.

So, this game goes into extra innings for the second time. The score stayed at 2-2 until the top of the 12th inning, when an unlikely hero by the name of Christian Colon singled in the go-ahead run for the Royals. They tacked on four more runs in that top half to take a 7-2 lead.

Royals pitcher Wade Davis closed it out for their second World Series title in franchise history, and first since 1985.

Perez was named MVP of the series, the first catcher to win the award since 1992. The Royals become the first team since the 2002 Anaheim Angels to come back in all four World Series wins.

As for the New York Mets, it was certainly a heartbreaking loss, but they have a bright future ahead of them with young pitching and young offense.

However, the club has some decisions to make in the offseason in regards to Yoenis Cespedes and Daniel Murphy. Both of their contracts are up this offseason.

In an unusual set of circumstances, The Royals and Mets open up next season against each other in a two-game interleague set.

Games & Leisure

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3			4					
8	9	2						
4								5
						2	3	8
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9			8	6	2		5	
5	4				3			

Weather

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D	P	C	W	N	T	R	T	I	N	V	T	E	B	H
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I	S	H	G	O	N	D	M	R	U	E	U	F	I	R
Z	U	G	N	H	Y	S	C	P	M	N	A	S	Z	M
Z	I	U	I	P	E	A	H	O	E	H	D	C	Z	O
L	S	O	N	Y	S	I	R	U	R	R	I	E	A	M
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I	E	D	H	S	B	U	N	N	A	I	L	T	D	T
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L	D	F	T	N	T	A	S	H	O	W	E	R	G	Y
C	Y	T	I	L	I	B	I	S	I	V	O	E	R	T
Y	T	I	M	O	N	S	O	O	N	O	N	D	L	U
C	C	L	O	U	D	S	F	I	R	R	U	I	F	S

BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNPOUR
DRIZZLE
DROUGHT
FAHRENHEIT
FLOOD
FLURRIES
FOG
FORECAST
FREEZE
FROST
HAIL
HOT
HUMIDITY
HURRICANE
ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER
SLEET
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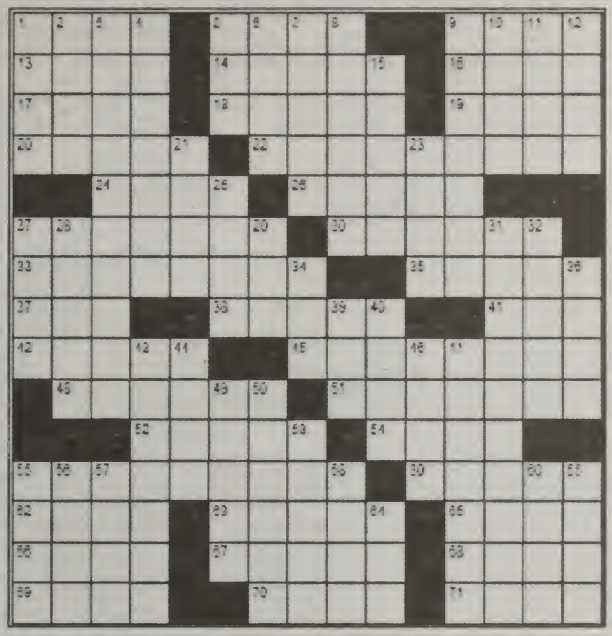
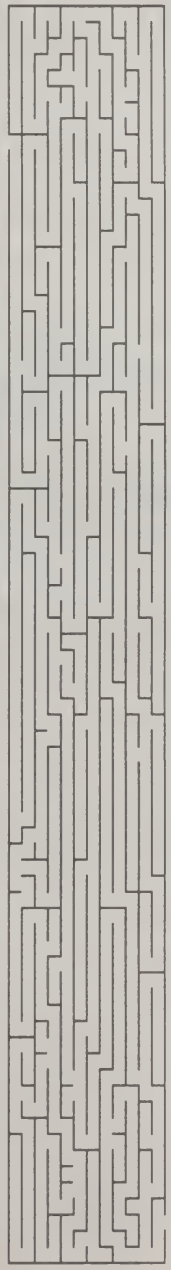
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY



ACROSS
1. Grasped
5. Fit
9. Historical periods
13. Away from the wind
14. Ancient Greek marketplace
16. Anger
17. Labels
18. Type of vacuum flask
19. Part of a plant
20. Trims
22. Causes extensive destruction
24. Fastens
26. Send, as payment
27. Mimic
30. Bigotry
33. Unidentified
35. Toward the outside
37. Spy agency
38. Butchers' offerings
41. Type of whiskey
42. Communion table
45. Thunderous verbal attack
48. Benni
51. Roomette
52. Demolish
54. Where the sun rises
55. Visit again
59. Inscribed pillar
62. Applications
63. Anagram of "Exams"
65. Gladly (archaic)
66. Hissy fit
67. Cut of meat
68. Utilized
69. Female chickens
70. Countercurrent
71. Not more

DOWN
1. Derbies or berets
2. Distinctive flair
3. Authorized
4. Notwithstanding
5. Possessed
6. Matured
7. Not upper
8. Found at the end of a pencil
9. Fickle
10. Violent disturbance
11. Found in some lotions
12. Collections
15. Fragrance
21. Secure against leakage
23. Bloodsucking insects
25. Flower stalk
27. Ancient Peruvian
28. Posts
29. East southeast
31. Exotic dancer
32. Perhaps
34. Unhappy
36. Bambi was one
39. "___ the season to be jolly"
40. A period of discounted prices
43. Helps
44. Adult male sheep
46. Orange pekoe
47. Relaxing
49. Wounds
50. What's left behind
53. Under a spell
55. Hurry
56. Feudal worker
57. Blood vessel
58. Deceased
60. Untruths
61. Terminates
64. Wild blue yonder

Maze



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THIS WEEKS EVENTS

Date	Time	Event Name	Location
11/20	2:30P	Theatre Arts Program Presents: Blood Wedding tix $3	Ely Studio Theatre
11/20	3:30P	Yoga with Kathy Niedzielski	Ely Fitness Center
11/20	7:30P	Dance Company Performance	Dever Stage
11/20	8:00P	Movie Weekend! 11/20-11/22	Owl's Nest
11/20	10:00P	CAB Bingo!	Scanlon Hall
11/21	11A	Artist Laura Rockwell Display	Arno Maria Gallery, Ely
11/22	6P	Senior Student Recital: Kara Williams, Violin	Loughman Living Room
11/23	7:30P	Musical Theatre Workshop Performance	Dever Stage
11/25	12:30P	All Classes End at 12:30PM for Thanksgiving Break!	
		Res Halls Close at 12:30 PM on 11/25 and open 11/29!	
11/30	7:30P	Chamber Ensembles	Dever Stage
12/01	1P	Student Loans 101	Bates Hall 027
12/02	11A—1P	Employer Information Table: MA Dept. of Children & Families	Wilson Hall
12/02	11:30A	Commuter Student Luncheon—Hosted by Diversity & Inclusion	Takoa Room, DC
12/02	7:30P	WSU Jazz Big Band	Dever Stage
12/03	10A-2P	Stuff-A-Cruiser Gift Drive	Outside of Dunkin's
12/03	4P	Leadership and Life Skills Compass Track—Problem Solving	Owl's Nest
12/03	6P	Minute To Win It	Owl's Nest
12/04	7:30P	Winter Gala	Dever Stage

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email studentact@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528

The Westfield Voice

FRIDAY, DECEMBER 4, 2015

westfieldvoice.com
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Fourteen dead, seventeen wounded in San Bernardino shooting

Matt Carlin
Managing Editor

On Wednesday, Dec. 2 two gunmen allegedly armed with assault rifles and handguns opened fire on the Inland Regional Center holiday party killing fourteen people and wounding seventeen others. San Bernardino Police Chief Jarrod Burguan said that as many as three suspects fled the scene. Since then, two of the gunmen have been shot and killed in standoffs, while the authorities have detained a third. There is no known evidence that shows that the third suspect is connected to the crime except that he or she fled the scene.

Hours after the mass shooting, one suspect was killed by gunfire while injuring a single officer in a confrontation. The gunmen, one female and one male, were claimed to be in dark tactical attire during the attack. The chief of police confirmed that someone left the holiday party after "some sort of dispute" but did not say if that person was one of those involved.

The rampage occurred about 60 miles east of Los Angeles and will be the deadliest shooting in American history since the Sandy Hook Elementary School massacre in Newtown, Conn. in December 2012. The death toll including the gunman rose to 27 in that shooting.

As the suspects fled the scene, Police ordered all surrounding areas to be placed on lockdown, including schools and businesses, while hospitals were updated on the situation. Police then did a house-by-house check for the suspects in Redlands, a nearby neighborhood.

The Inland Regional Center is a social services agency that serves those that are developmentally disabled.

As of press time there is no know motive for the rampage. Reuters reports that the Inland Regional Center is one of twenty-one facilities set up by the state and run by non-profit organizations to serve their clients.

CNN reports that the suspects opened fire inside a conference building in the complex where county health department personnel were having their holiday party. The building sits across from the two larger buildings that house most of the agency's offices at the complex.

The Los Angeles Times reports and cites information from a federal official who is "monitoring the case" that investigators believe one of the shooters left the party after getting into an argument and returned with one or two armed companions.

Chief Burguan stated: "We have no information at this point that this is terrorist-related, in the traditional sense that people may be thinking. Obviously, at the minimum, we have a domestic-type terrorist-type situation that occurred here."

Syed Farook has been identified as one of the suspects in this shooting.

In this week's issue

Campus pages 1-7
Go Global
Voice Vault
Crime Log
A&E pages 10-12
'Knowing to Cook'
Gail's Guidance
Horoscopes
Jazz Band Review
Sports pages 14-17
Men's Hockey
Basketball
X Country
Patriots loss

The objective student press of Westfield State University

VOLUME VII, ISSUE X

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FRIDAY, DECEMBER 4, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
The University has now approved a hazard mitigation plan after years of coordinating with the Massachusetts Emergency Management Agency and FEMA.

The Harvard Crimson,
HARVARD UNIVERSTIY
At the Cambridge Friends Meeting House, students and affiliates gathered for a vigil to honor world AIDS day. Those who attended took part in a series of meditations and prayers, as well as listen to stories of those who have lived with HIV.

The Daily Campus,
UNIV. OF CONNECTICUT
Reinhard Lauenbacher, a University of Connecticut scientist was named a member of the American Association for the Advancement of Science (AAAS).

The Daily Orange,
SYRACUSE UNIVERSITY
Next semester, the Student Association Chat and Dine program wil be reintroduced to the SU community. Updates will be made for the programs application process.

Westfield State students step up to help Westfield families at Thanksgiving

From Press Release

Students in Westfield State University's Student Government Association (SGA) collected more than $2,500 and purchased 141 turkeys for the Westfield chapter of the Salvation Army. The Salvation Army distributes the turkeys to families in the area that are in need and cannot afford to purchase them on their own.

Community Relations/ Fundraising Representative Marissa Cremin '18 of Easton, Mass. coordinated the turkey drive. This is her second year participating in the drive, which she says is vital for the community.

"Although we many not see it, the reality is that many people in this community struggle with knowing if they will be able to provide enough food to their families each week to get by," Cremin said. "No one should have to worry about this, especially during the holiday season. Everyone deserves to have a wonderful Thanksgiving with their families, and I'm happy to know that we are at least a small part of helping to make this happen."

Student Government representatives traveled around campus collecting money from students, faculty, and staff. SGA has held a turkey drive annually since 1997 and in its 19 years of fundraising, 2015 yielded the highest amount donations collected. Cremin said she isn't surprised at the generosity of the Westfield State community.

Westfield State students drop off turkey donations to the Salvation Army. From left to right: Anita Barnes, outreach coordinator, Justin Connolly '16, Kendall Dunbar '18, Sean White '18, Marissa Cremin '18, and Lori Matthews, outreach coordinator.

"Westfield State's an amazing place and I've found that people here are usually willing to contribute to great causes," Cremin said. "It's inspiring to me how students, faculty, and staff are always finding new ways to make a difference on campus, and in the community."

After collecting the money, students purchased the turkeys at the Big Y on East Main Street and delivered them to the Salvation Army.

According to Lori Matthews, outreach coordinator for the Salvation Army, there are close to 400 families in the area that are in need of turkeys for Thanksgiving and Westfield State will be responsible for supplying turkeys for 35 percent of those families.

"We're very pleased with the outpouring of community support," Matthews said. "Westfield State came through for us and because of the university's turkey drive, 141 families will be able to have Thanksgiving dinner."

While Cremin is pleased with Westfield State's donation totals, she has big plans for the future of the SGA turkey drive.

"Last year there were about 300 families in the area in need of a turkey at Thanksgiving, and this number continues to grow," Cremin said. "I hope that someday the Westfield State turkey drive will grow enough so that it can provide a turkey to every one of those families in need."

GLOBAL CONVERSATIONS

Studying Abroad: There Are No Limits

Haley Batchelder
Voice Columnist

"My mom tells me that I left a boy and came back a man," said Nick Sarnelli about his study abroad trip to Ireland. Sarnelli is currently a senior at Westfield and studied at the University of Ireland Galway (NUIG) in Galway, Ireland for the Spring 2015 semester.

As opposed to other Westfield State University students that have studied abroad, however, Sarnelli didn't travel to Ireland through Westfield's Direct Enrollment Program.

He traveled through a program with which Westfield is affiliated called CCIS, which stands for College Consortium for International Studies.

Through this program, he was able to find a school to attend, take courses pertaining to his major that transferred as Westfield credits, and explore the Irish culture.

As an English major, Sarnelli immersed himself in the Irish, American, and British literature through the courses offered, taking 19th Century Literature American Literature, 20th Century Irish Literature, Modernism/Postmodernism, and a seminar class called Loose Baggy Monsters, focusing on Victorian serial fiction.

These courses broadened his knowledge as an English major and allowed him to return to the United States with a stronger understanding of not only literature but also Irish culture.

Outside of the classroom, Sarnelli was intentional about soaking up the Irish culture. He and his friends went out in the evenings "to be among other Irish students." He quickly learned that for many of the Irish, "craic [or fun and enjoyable conversation] is very important."

The Irish culture is much more interpersonal and relationship oriented, creating "a much more relaxed environment than our own."

In addition to the Student Exchange programs in China, Poland, Germany, Turkey and Japan, Westfield has Direct Enroll agreements with Dublin Business School and School of the Arts, Edge Hill University in the U.K., and Florence University of the Arts.

Westfield Students can also participate in hundreds of other approved programs, as Sarnelli did.

In the end, Sarnelli doesn't have a single regret towards his study abroad experience.

"I fell in love with a country, a culture, another person from that country, but most of all I fell in love with myself," Sarnelli said.

For students skeptical about studying abroad, Sarnelli says, "Just do it." You will return "feeling so small and humble but also immensely lucky and open to new experiences."

No matter where you want to travel abroad or how you intend to get there, the International Affairs Office is still available to help you plan your Study Abroad Experience.

For any questions, visit www.westfield.ma.edu/academics/study-abroad or stop by the International Affairs Office in the Parenzo Lobby.

Sarnelli stands in the center of the Quadrangle building, which stands proudly at the heart of The National University of Ireland Galway.

The Cliffs of Moher measure about 700 feet above sea level and stretch five miles along the coast of the Atlantic in the west of Ireland.

Westfield State online criminal justice program a 'best value'

From Press Release

Westfield State University was named one of the Top 50 Best Value Online Criminal Justice Programs of 2016 list by Value Colleges, an independent online guide to the best values in undergraduate and graduate college education.

Westfield State University was one of only three Massachusetts public universities to be recognized.

Westfield State University has offered online courses since 2002. The online education degree program, which began in 2008, currently offers six majors for students to choose from: business, sociology, history, liberal studies, criminal justice, and psychology. This semester, Westfield State University has 111 students enrolled in online degree completion programs, 16 of whom are criminal justice majors.

Effective fall 2014, Westfield State inked the MassTransfer Plus agreement with Holyoke Community College aimed at making it easier for students graduating from HCC's online associate degree programs to transfer to WSU's online bachelor's degree-completion programs.

Westfield State has a long-standing reputation for matriculating successful criminal justice professionals from the traditional classroom or online degree program to post-graduate support.

Westfield State alumna and former Superintendent Colonel Marian McGovern of the Massachusetts State Police formed the Westfield State Criminal Justice Alumni group. The group, comprised of alumni from various local and federal agencies, serves as a networking resource for current students to explore the different career paths a criminal justice degree allows them.

In addition to serving as mentors, the group established the Westfield State University Criminal Justice Alumni Association Scholarship. In September, the alumni group had its first scholarship benefit, a wiffle ball tournament for criminal justice majors, alumni, faculty, and professionals.

Jeremy Burns (left) and Angelo Burgos (right), both members of the Westfield State Class of 2015, pose with the criminal justice banner at the Westfield State 2015 Undergraduate Commencement.

Value Colleges' data comes from a few reputable sources including the U.S. News & World Report, Payscale.com, and the Integrated Postsecondary Education Data System (IPEDS), the public database for the National Center for Education Statistics.

Colleges and universities are ranked in three primary areas: affordability, reputation, and return.

Better watch out, Santa's coming to town

From Press Release

Presented by the Westfield State Foundation, and the Westfield State Circle K Club, Westfield State University's annual Breakfast with Santa event is back for its 32nd year on Saturday, December 5. The event will be held in Scanlon Banquet Hall with two seatings: 8:30 a.m. and 10:30 a.m.

In the three decades that Westfield State has hosted the event, almost all have been sellouts. Along with breakfast, admission includes face painting, a gift for each child, and entertainment by the Melha clowns from Shriners Hospital. Photos can be purchased for an additional fee and a raffle will be held during the event.

Tickets are $7 for children and $9 for adults. Children 3 and under can attend for free, but will not receive a gift from Santa or a seat without a ticket.

Tickets will be sold online at www.westfield.ma.edu/tickets. The snow date is Sunday, December 6.

Breakfast with Santa is part of a collaboration between Westfield State and Dickens Days, a month-long holiday celebration throughout the city of Westfield. Student members of Circle K will volunteer at the event along with members of the Westfield State Foundation.

This year, Breakfast with Santa was organized by students Kaelyn Walsh '18, vice president of Circle K, and Circle K President Morgan Leake '16.

Leake, who has volunteered for the event for the past three years, says Breakfast with Santa is a staple in the Westfield Community.

"It's an amazing feeling to see all the kids and how excited they get to see Santa," Leake said. "Hosting the event allows the university to be opened up to the greater Westfield community."

Breakfast with Santa proceeds benefit Circle K charities including local senior citizen home visits, the New England Pediatric Trauma Institute (Boston and Hartford) and the Paul Newman "Hole in the Wall Gang" organization, which sponsors terminally ill children for summer camp.

Circle K is a campus community service organization sponsored by the Kiwanis Club of Westfield and the Student Government Association of Westfield State University.

This year, the breakfast is sponsored by MedExpress Urgent Care, Easthampton Savings Bank, and the Westfield News with additional donations from Westfield Bank and the Kiwanis Club of Westfield.

from the voice vault

*This article was published in the **September 26, 2014** issue of* The Westfield Voice

Emily Hendrickson
Voice Columnist

It's officially fall. It's that time of year when girls start wearing their fashionable boots, scarves, and leggings. Fall marks a new chapter of a new year. Summer is officially over.

Say goodbye to summer. Summer is a wonderful time of the year, filled with trips to the ocean, cute summer jobs, ice cream, campfires, and summer flings.

It's just a great time to reinvent yourself. At the end of every summer, I always reflect on what I accomplished and learned.

I started off my summer coming home to my amazing family and I couldn't have been happier.

I cut my hair shorter and was ready to embrace what the summer had in store for me. My summer was so unexpected; so unplanned. But easily I could say it was the best summer of my life.

I met new friends, a new guy, and had the best summer job working as camp counselor in my town. I was so different by the end of the summer, that I didn't even recognize myself.

I can partly thank James, a boy from my hometown, for that.

The times I spent with him changed my perspective on everything.

I learned so many lessons this summer.

Those lessons being that, you can accomplish anything if you set your mind to it, you are worth it, and that true friends are so amazing.

These lessons made me realize that fall was approaching. And I was ready to take it on.

Fall is about embracing your lessons from the summer and going into the year fresh, ready to take on any challenge. Fall is a time to start over. Fall is a time to be thankful for another year ahead.

Fall is a time that should be cherished, because I don't know a time more beautiful in the year, when the leaves turn orange and brown.

So this fall, go apple picking, drink apple cider, buy a pumpkin, and wear your favorite Burberry scarf, because fall doesn't last forever. So embrace it.

*This article was published in the October **3, 1988** issue of* The Westfield State Owl.

Former U. Mass. cop new Director of Public Safety

By Paul Fitzpatrick

An important position on the Westfield State College staff was filled over the summer when Paul Ominsky accepted the post of Director of Public Safety.

Ominsky, 37, brings to Westfield a diverse educational background as well as years of on the job training in various campus security positions at the University of Massachusetts.

In 1974, Ominsky graduated fom U.Mass. with a B.S. in Psychology. In 1977 his career became more law enforcement oriented when he graduated from the Massachusetts Police Training Academy. After having served as an Institutional Security Officer, Ominsky became a campus police officer. His success at that position led to a promotion to Sergent. His rise up the ladder didn't stop there though, in 1980 he became a shift supervisor, a job that brought with it more challenge and responsibility.

Seeking more career advancement was what led Ominsky to Westfield State. "I came to Westfield for professional development," was how he put it, and "I see myself staying here for a long time."

Ominsky is married and has two children. He and his family live in Amherst, where he and his wife, who is a former police officer, moved when they were married 10 years ago. Ominsky was born and raised in Holyoke, where he lived until he married.

He lists his hobbies as "police work, bicycling, reading." He also considers himself a "novice" computer user. His main interest though, is his family. Spending time with his children consumes the majority of his free time.

Ominsky sees his personal expertise as the area of sensitive crimes. Having received an M.E.D. in counceling from U.Mass. in 1983, Ominsky is experienced in dealing with cases such as rape, assault, and other sensitive crimes. Also, dealing with police officer stress is another area where Ominsky is adept. He feels that having a background in psychology is beneficial to any police officer.

Ominsky has noticed several differences between U.Mass and W.S.C. He says that the student body is far more "friendly and cordial" at Westfield. He noted specifically the efforts of the student senate over the summer, when a solution to the parking problem was being sought. "When you have a group of students that are willing to work with Public Safety, it's much better for the (college) community," said Ominsky.

Although W.S.C. is much smaller that U.Mass., and doesn't have the same resources available to it, Ominsky credits the dedication of the public safety employees for the success of the department. "The commitment from public safety employees at Westfield is extremely strong," said Ominsky.

For those not familiar with the duties of the Director of public safety, they are, in Ominsky's words, "to administer, investigate, problem solve, and council," but his duties aren't limited to these. "I'm basically a jack of all trades," he said.

A typical day for Ominsky begins around 6:30 a.m., reviewing the reports of the night shift. The morning is usually filled with meetings with staff members and administration, attempting to solve problems or trying to avoid future ones.

Ominsky usually goes out on patrol at least once a day, to "get a sense of what's going on," though he usually doesn't spend more than a half an hour in the cruiser. Ominsky says he relies on the "expertise of the patrolmen" to handle the bulk of the patrolling.

The day usually ends for Ominsky around 6 p.m., though sometimes he takes some work home with him.

Ominsky has hopes of improving what he sees as an already successful public safety department. His first goal is to strengthen the rapport between the college community and the public safety office. He says the department will grow, and improve.

He hopes to initiate several new crime prevention programs, such as an identification of all valuables in resident halls. This program would result in recovering stolen property in a faster, more efficient manner.

Ominsky brings to the position of Director of Public Safety the qualifications that are necessary to maintain the level of effectiveness that has already been reached by the department, and the dedication to improvement that will help the department reach new success.

Want to see more stuff from the voice vault?

Contact **Andrew Burke**, editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice.**

opinions & editorials

FRIDAY, DECEMBER 4, 2015 RACE RUGH, EDITOR

Action is required in wake of mass shootings

Matt Carlin
Managing Editor

When I picked up my phone Wednesday to a news alert about the tragedy that is the San Bernardino shooting rampage, I was in total shock. Not even a week after Thanksgiving we find the nation mourning yet another massacre of our fellow Americans.

During the holiday break, we were tormented by the attack on the Planned Parenthood facility in Colorado Springs by Robert Dear Jr., which left three dead and many traumatized.

Dear targeted a snowy shopping center in his rampage and left many fearing for their lives in a time where we are looking toward our favorite things.

As of press time, the shooting rampage at San Bernardino had left more than ten people dead with more than fifteen injured. The attack was barbaric in both nature and lethality, with multiple gunmen shooting assault weapons and handguns at innocent people. Both a man and a woman were shot dead by police during the event while a third suspect was seen fleeing the scene.

The scene was supposed to be a holiday party at a social services agency, but after gunmen opened fire on the party killing multiple people and wounding others, an intense manhunt/shootout was triggered. The facility that was targeted is the Inland Regional Center that serves those with developmental disabilities.

There is also another matter that is of importance here. This shooting has been marked as one of the deadliest shootings in American history tallying more than the Sandy Hook massacre. It was reported that this tragedy is roughly the 350th shooting that has killed four or more people in America... in 2015.

Now, normally I do not agree with President Obama on many issues, but if I could paraphrase him...the fact that this is a trend is truly frightening and we should not allow this to become a normal occurrence.

If this truly was the 350th shooting with four or more people dead, that means in 2015 alone roughly 1400 Americans have lost their lives due to unnecessary gun violence.

It seems as though the American people have become almost immune to the shocking news now. How many people were talking about the Planned Parenthood attack? How many people are talking about this? What are people doing to prevent this from happening again?

President Obama has suggested in previous interviews that guns are too available to the average citizen and in fact it means that there is a higher chance that the gun would be used for an unlawful purpose.

The National Rifle Association argues that it is an American's 2nd Amendment right to bear arms. Though both sides argue against the other, we as the American people need to own up the fact that gun violence is taking away our loved ones left and right. Why is it that we pick and choose which ones we mourn for?

With the amount of genocide going on in the world and the amount of massacres occurring in our own country, why have we become desensitized to the matter? Why is it that every time we turn on the news we expect to hear about this?

We need to wake ourselves up and realize that this matter isn't going to solve itself without us doing something about it.

Thinking about these issues should not stop in the courtroom, nor should it stop at the conviction; these issues need to be pursued until a proper resolution is found: a resolution that prevents them from reoccurring.

As the world reflects upon the amount of violence that is occurring within it, we need to look back home to see our own homegrown monsters and not play this game of peekaboo with them.

The time for change is now, and we cannot let this go.

My heart goes out to those affected not just in the San Bernardino shooting but to every single person effected by any of the 350 shootings that have occurred this year.

University of Colorodo-Colorodo Springs police cars honor fallen UCCS officer Garrett Swasey, who was shot and killed along with two others at the Colorodo Springs Planned Parenthood clinic

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INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Liquor Law Violation	15-606	11/21/15	11/21/15	0156	Courtney Hall	On	Referred To Student Conduct
-Liquor Law Violation	15-607	11/21/15	11/21/15	0220	Courtney Hall	On	Referred To Student Conduct
-Malicious Damage	15-608	11/21/15	11/21/15	0712	Dickinson Hall	On	Investigated
-Malicious Damage to MV	15-609	11/21/15	11/21/15	0800	Commuter Lot	On	Investigated
-Larceny Under $20.00	15-610	11/21/15	11/21/15	1542	Lammers Hall	On	Investigated
-Harrassment	15-618	11/22/15	11/22/15	2038	Dickinson Hall	On	Investigated
-Malicious Damage	15-619	11/22/15	11/22/15	2145	Dining Commons	On	Investigated
-Larceny							
-Disturbing The Peace	15-621	11/22/15	11/22/15	1100-1200	Davis Hall	On	Investigated
-Indecent A & B	15-622	11/22/15	11/22/15	0900	Dickinson Hall	On	Referred to Student Conduct
-Malicious Destruction	15-622	11/23/15	11/23/15	9/1/15-11/22/15	Dickinson Hall	On	Referred to Title IX
-Failure to Yield	15-622	11/30/15	11/30/15	0111-0139	Ely Road	On	Investigated
-Revoked Registration	15-89-AR	11/30/15	11/30/15	1338	Western Ave	On	Summons Mailed
	"	"	"	"	"	"	"
-Drug Law Violation	15-626	11/30/2015	11/30/2015	2153	Scanlon Hall	On	Referred to Student Conduct

FIRST YEAR FORWARD

SUCCESS IN COLLEGE AND BEYOND

Westfield State University sees the first-year as a time of transition and growth in which new students find their place as engaged members of the diverse academic, civic, and social communities at the University.

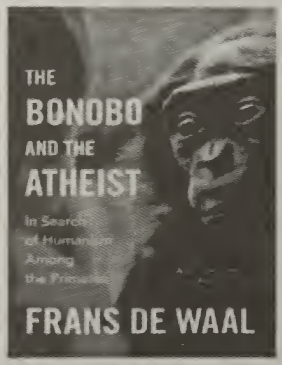
First-year hotline: 413-572-8402
First-year email: firstyear@westfield.ma.edu
First-year website: westfield.ma.edu/firstyear

Westfield STATE UNIVERSITY

first-year READ

THE BONOBO AND THE ATHEIST: IN SEARCH OF HUMANISM AMONG THE PRIMATES

First-Year Read Author, Frans De Waal
Author Visit: December 3, 2015



This book will challenge many to examine the basis for cultural and moral assumptions. The topic of the new atheism provides a platform for examining current and trending ideologies reflecting contemporary ethics and philosophical stances. It is likely to be disruptive to set patterns of thought and to some personal narratives, but guided discussion and interpretive writing assignments will be generated as a result of using this as a common text in composition classes.

The text offers rich possibilities for multidisciplinary consideration of ideologies, ethics, interspecies understanding and philosophical points of view. De Waal's visit to our campus is an opportunity for you to engage with the author in a setting outside the classroom.

COMMUNICATION DEPARTMENT HOSTS:

PO K
EXTRAVAGAN

Bring Your Favorite Appetizer or Entree to Share!

Sign up Sheet is outside Susan Leggett's office, in room 332C

TIME: **5:00 - 7:00 pm**

LOCATION: **SGA Room 017 Ely**

DATE: **December 3rd**

The Westfield Voice

The objective student press of Westfield State University

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***Zachary Va**, Online Managing Editor*
***Gina Muller**, Layout and Design Editor*
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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

DIVERSITY INCLUSION

Safe Zone Training

The goal of this training session is to bring awareness to issues facing the LGBTQIA community and how you can be supportive

Open to Faculty, Staff, and Students
Thursday, December 3, 2015
Owl's Nest

10am-1pm

Participants must be present for the entire session. Light snacks and refreshments will be available

Registration:
To register please contact Lizette Rivera
lrivera@westfield.ma.edu / 413-572-5442

The mission of the Safe Zone program at WSU is to improve visibility and support for LGBTQIA students and employees by identifying and training a network of allies who are sensitive and affirmative to the needs of the LGBTQIA community on campus.

VAPOR HOUSE 413/998-3679

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arts & entertainment

FRIDAY, DECEMBER 4, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of December 2, 2015

Top 10 Singles

1. Hello - Adele
2. Sorry - Justin Bieber
3. Hotline Bling - Drake
4. What Do You Mean - Justin Bieber
5. The Hills - The Weekend
6. Stitches - Shawn Mendes
7. Love Yourself - Justin Bieber
8. Like I'm Gonna Lose You - Meghan Trainor ft John Legend
9. 679 - Fetty Wap Ft Remy Boyz
10. Here - Alessia Cara

Top 5 Albums

1. 25 - Adele
2. Purpose - Justin Bieber
3. Made In The A.M - One Direction
4. Top 5 Dead Or Alive - Jadakiss
5. Beauty Behind The Madness - The Weekend

Top 5 Movies

1. The Hunger Games: Mockingjay-Part 2
2. The good Dinosaur
3. Creed
4. Spectre
5. The Peanuts Movie

Upcoming DVDs

1. Ant-Man
2. Minions
3. Blind

KNOWING TO COOK

Consumed by Time – How Millennials Could Save or Destroy Food Culture

Ryan Cashman
Voice Columnist

Over the holiday break, while pouring over the vast amount of cookbooks piled up in front of me on our kitchen table, I came across an interesting quote related to time and cooking.

I've no doubt that many of you who read this column with regularity are sick and tired of scanning your eyes across these written words only to see the letters which spell out the name Julia Child continually appear in issue after issue.

Seeing as she is one of my all-time heroes, I will not apologize for the frequency in which her name appears in this column. So, as you can ascertain, the quote I stumbled upon is by Julia from the introduction of "The Way to Cook."

Here's the quote: "Attitudes about food have changed since the 1960's when my first book came out.

More and more of us have less time to cook, and we are becoming more health conscious and more aware of what is in our food ... the more one knows about it [cooking], the less mystery there is, the faster it becomes, and the easier it is to be creative and to embrace new trends and ideas."

"The Way to Cook" was published in 1989, and I think, if Julia was alive today, she would be both equally pleased and concerned with the current state of food culture.

Many aspects of food culture today both add to and retract from its beauty and function. Vegetarians, vegans, fast-food restaurants, this column, and the Food Network are such examples; however, the main culprit afflicting modern food culture, as Julia pointed out, is time.

That old devil hooch which creeps up upon us when we least expect it, makes us rush though seemingly meaningless activities such as cooking, and is the number one cause of all millennial stress.

There is a phrase; you all know it. It is a phrase that has been etched into our minds like patterns on acid soaked leather: "I just don't have the time."

Of course, there are multiple ideations and contortions of this phrase, but the meaning remains the same. Most of us today are under the impression or seeming illusion that we just don't have time to do anything meaningless, and that includes cooking.

We have filled up our lives so much with work and other time consuming activities, which push us to achieve our goals and aspirations—which is by no means a bad thing.

For those of you out there who are not "into food," or if food doesn't really interest you, I understand why you won't take several minutes or hours out of your day scanning through cookbooks, reading food articles, watching episodes of "The French Chef," or experimenting in the kitchen as I do.

Still, while cooking may not be of primary interest or importance, everyone still needs to learn how to cook. Unless you plan on living at home for the rest of your life and let mom do all the cooking, or you make enough money immediately out of college to hire your own personal chef or eat out every night, you are going to need to learn the fundamentals of cooking.

In the first column I ever wrote for this paper, I talked about how cooking is not something to be feared by us college students, but rather something to be embraced and practiced. I understand that this isn't wholeheartedly practical and that many of you are more interested in pursuing activities that actually peak your interest rather than pursuing ones that don't.

Still, while cooking my not seem as sublime an art form to you as it does to me, we can all agree that we need to eat in order to survive.

Breatharians may disagree, but I take no stock in people who believe that they can photosynthesize. I met a bretharian once. His skin was grey and blotchy and his eyes were bloodshot. I found out later that he had to be rushed to the emergency room because he was dehydrated and malnourished. But I digress.

We need to eat in order to survive, and, in this writer's opinion, the better the food, the better the survival. As Julia says, the more about cooking one learns and the more they put it in to practice, the faster it becomes and the mysterious veil of cooking is lifted.

The excuse "I'm really not good at cooking" only chalks up to the fact that whoever is giving the excuse hasn't spent enough time learning. And that, my dear readers, is where our problem lies.

We all have the time to learn, it's just a matter of what we learn. Cooking should be near the top of everyone's list, because when all the greats like Pepin, Bourdain, Ripert, and Batali are gone, we millennials will be left at the reins to steer food culture in the direction we want.

And that direction could either save it, or destroy it.

Horoscopes

Aries
(March 21 - April 20):
The stars report that you've been a very good boy or girl this year! Give it a break. No one likes a goody-two shoes.

Taurus
(April 21 – May 21):
Keep the eggnog hidden this year. I stars foresee Uncle Craig forgetting to take his Lactaid pill again.

Gemini
(May 22 – June 21):
The stars suggest you avoid cutting down your own Christmas tree this year unless you want to pay an arm and a leg for it! Pay for one with money instead.

Cancer
(June 23 – July 22):
This holiday season will end with a Ho-Ho-Hold on your checking account.

Leo
(July 23 – August 23):
Those sweaters you knit for the family every year are the perfect gift. So what if they've never been worn? The whole family has terrible fashion sense.

Virgo
(August 24 – September 22): Will Ferrell the elf once said, "The best way to spread Christmas cheer is singing loud for all to hear." This is a myth. The reindeer have sensitive ears and can't stomach your singing voice.

Libra
(September 23 – October 22):
You've been itching to take a risk and give that special someone a special gift this year. Trust the stars, Tiffany from the gym doesn't want a present from you.

Scorpio
(October 23 – November 21):
You've been added to Santa's naughty list this year, Scorpio. It was definitely worth it.

Sagittarius
(November 22 – December 21):
The in-laws are planning a surprise trip to your neck of the woods for the holidays! Maybe this should be the year you book that trip to the Bahamas…

Capricorn
(December 22 – January 19):
Worried about your finances during the holidays? Considering your kids are Tauruses, you can get away with giving them lumps of coal.

Aquarius
(January 20 – February 18):
Your friends have been getting a strong Scrooge-esque vibe from you lately. Good luck with Secret Santa!

Pisces
(February 19 – March 20):
The stars are paying you no mind, Pisces! Add some excitement to your life or Santa may join them!

gail's guidance

This is a stressful time of year. I would like to take a break from dropping wisdom to share with my loyal readers an email correspondence that reminds readers they can turn a travesty into a triumph with just a strongly worded email (unless the source of your stress is finals—then you're on your own).

To whomever it may concern,

Today was a long, arduous day. I endured stressful encounters with pompous, condescending professors, contentious drivers on the mass pike, and nineteen rowdy 1st graders. Seeking some Mexican comfort, I took a detour to Chipotle in the midst of the long and winding trip back from student teaching to my university. Returning to campus, I bounded up the four flights of stairs, snuggled up in my sub-par twin bed, and opened the bag (supposedly) filled with chips and guacamole. Imagine the look of horror on my face when I made the macabre discovery of the guacamole's absence.

Now, I am a very perceptive person, and I usually would have noticed that the female employee who retrieved my chips forgot to add the precious guac.

However, I was distracted by the male employee who was relentlessly complimenting my phone case--maybe he was schmoozing, maybe he was flirting, maybe he was intentionally distracted me and this duo intentionally withheld guac from paying customers in some twisted prank. I have faith in humanity, so I am subscribing to the schmoozing/flirting option.

Regardless, I payed for that guac with the hard-earned money I made frantically working retail on Black Friday--and yet, I was guac-less. I am a big fan of your delicious food and animal-friendly policies, but this incident is a travesty.

So Chipotle, how do we move forward from this? The ball is in your court (as is a few extra ounces of guac).

Signed,
Dazed and Guac-less

Dear Dazed and Guac-less,

Every long and winding road should end in the green-heaven that is guacamole. Otherwise, what's the point in taking the journey? I'm so sorry we made your odyssey a fruitless one. I am sure your enchanting phone case was the cause of this horrible twist of fate. Still, we should not let magical, shiny objects distract us from the task at hand.

I will get in touch with our Chicopee Crossing Crew so we can prevent this from happening to any other weary travelers. We do owe you some guac. Send along the address of your sub-par twin and I'll get four free-burrito cards (which are good for burritos, tacos, salads or bowls) headed there by high noon tomorrow.

Defender of all those left guac-less,
Jillian

Lead Customer Service Consultant
Chipotle Mexican Grill

Tracking the Way Leaves Fall: A Series

By: Woody Woodger

1. Idolatry by the Basile

A prehistoric moonshine
jar, dad fished out
from an October slurry
collecting around the barn's edge.

This thing around the dinning set,
covered up all proper.
We put Linus' pillowcase—strangled
to cobwebs—over the lip,

hiding the grime
we haven't got to cleaning yet.

3. How Coach Wants Middletown Feeling After the Tri-County Tourney

A shorn tabby, sauced
with hand sanitizer,
wind-chime tail bones limp.

2. When Photo Albums Get Involved

I sat tight and heavy, another couch fixture:
an afghan made from
crochet lampshades,
the penny I pressed in Montana
tight in the cushion,

the molasses vibration settled in your corneas—
a glassy varnish
brought on by pure
film and snow-pants.

4. When I Wished that Picture of Mary Could Come Off the Mental

A boy and his dog found a man
in a black trash bag buried
under the Nebraska pine-needles
shaved off the last hunk of copper
in the state. The dog took the corner as a toy.
Obsidian deposit, a tug of war, and monoxide
spilled, like the swampy bourbon dad tells
his son be longs on this table.
The two could do nothing but leave it there,
saying not even their priest
was about to find this one out.

The Jazz Big Band delivers a remarkable performance

Matthew Carlin
Managing Editor

On Wednesday, Dec. 2, The Jazz Big Bad, directed by Dr. Edward Orgill, performed at Dever Stage to a crowded audience.

The Jazz Big Band is comprised of fifteen students that were accompanied by two alumni. It was a swinging performance by the student group, which had the crowd roaring with applause!

The appropriately titled tune that opened the performance was, "The Opener," which had an improvised solo from special alumni guest Pat Lennon that captured the audience's attention.

Transitioning into a blues tune that resembled more of a cool jazz, hardbop mash up. The piece is based off of a Miles Davis performance titled "Walkin'," which showcased trombonist Carolyn Dufraine's solo abilities. There is much to be said for a trombonist who can maintain such a fast tempo while also articulating each note with a smooth sounding intensity.

Though at times the band sounded a bit too rigid for a jazz band, they were able to recover their free flowing rhythm.

"No Place Like Down Home" was another blues tune that had exceptional harmonics with a smooth yet flowing sound. Here, Conor Richter was one of three soloists, and he was able to tear those drums apart in his improve solo. His playing style could only be described as a restrained tempest as he cracked his sticks off of each drum that provided a sublime rhythm in every piece.

Despite some great pieces, there was one that soured the mood. This came in the form of the "Sugar Rum Cherry," both a play on words and play on the melody of the "Sugar Plum Fairy" by Tehaikovsky. This Duke Ellington/Billy Strayhorn rendition was just dreadfully composed; however, I want to point out it was no fault by the performers. Sam Hammond on the tenor sax and Ms. Dufraine on trombone held their own as amazing soloists that really were the prizes of the piece. Even with the addition of a soprano saxophone, there was much to be desired in this short and slow song.

The rest of the concert went over with great success as the students became more fluid and blended together their notes in pieces from different decades.

Tyler Cook has an outstanding solo on the keyboard in "Squib Cakes" which responded by Kyle Murray in an equally stunning improvised solo.

In a classic move, the band sung out the song title within the performance that offered a nice harmony between the instruments and the vocals.

Greg Lynch and Kyle Murray were able to make their respective saxophones sign through the performance and offed great theatrics to their solos when they stood up to belt out a riff or two.

The trombones took turns in the spotlight by offering a powerful brass harmony to many of the beat while also taking over the show with their vibrato and solos.

The rhythm section was able to break out of their confines to not only impress the audience with their playing ability but also to offer great counterpoints to the instrumental variant.

The trumpets resembled every style of jazz from Dizzy Gillespie to Miles Davis, solos from Pat Lennon and Michael Feyre really brought the performance together while also allowing for others to showcase their talent as well.

In a nice holiday wrap up, the band finished off another Ellington/Strayhorn rendition, this time of the classic "Jingle Bells." There were no vocals, but it followed the classical jazz model of instrumentation that left the audience stunned and wanting more.

Tyler Cook opened up on the piano to get the tempo up while Tony Pacheco on trombone played the well-known melody.

Kyle Murray captured the attention again with improvised solos that played on top of the melody that really added to the musical value of the piece—the swinging style of Murray reminded me of a classic swing era saxophonist Johnny Hodges.

It is too bad that the only other time to hear this music will be this Friday night when the Big Band performers their two holiday pieces for the recital in Dever.

Bravo, Band, Bravo!

owls athletics

FRIDAY, DECEMBER 4, 2015 MICHAEL BARRY, EDITOR

Hockey continues hot start against Ravens

Andrew McIntosh
Voice Reporter

The Westfield Men's Hockey team keeps riding a wave of momentum, extending their win streak to now five games. The Owls are currently 6-1 on the season and seem to have started the year off with something to prove.

Their most recent victory comes against Franklin Pierce with a final score of 4-3—a hard fought game with plenty of action, which makes for some great hockey.

The first goal came from Cody Campbell-Rich (unassisted) 10:51 into the first period to put Westfield up 1-0. About five minutes passed until the Owls struck again. The score was now 2-0, coming by way of Carl Greco, assisted by Wyatt Trumbley and Cory Wilson 15:36 into the period.

Two to zero has been called the most dangerous lead in hockey, and it would be put to the test in the second period for the Owls. With the adjustments made at the break, Franklin Pierce came out of the intermission firing out on all cylinders.

Anthony Hogan of Franklin Pierce had the goal that sparked the run assisted by Dylan Yameen at 5:12 into the second period. Then Hogan struck again, this time unassisted, at 11:35 into the period. Westfield needed to stop the run, and with a penalty committed by Franklin Pierce late in the second, Westfield found their opportunity to take the momentum back.

Westfield scored a power play goal to break the tie and put them up 3-2. The goal was scored, once again, by Cody Campbell¬-Rich and assisted by Cory Wilson and Colby Daniels.

At the start of the third period, Westfield was not going to let Franklin Pierce sneak back into this game like they did in the second. By keeping the puck out of their own end with hard defense, Westfield did a great job of creating shot opportunities in the third. Johnny Orlando scored unassisted at 14:13 to put the Owls up 42, which ended up being the deciding goal. Late in the third, Jonathan Haun scored for Franklin Pierce making the score 4-3, but it would not be enough to get a rally going.

At the end of the game both teams' combined totaled 12 penalties but only capitalizing on one of them. Both teams played an aggressive game and paid for it with their penalty kill units having to play a few extra minutes.

The Owls also have had outstanding play from their goaltender Jonathan LoParco, who had 42 saves against Franklin Pierce. His save percentage for the game was .932, which is actually the same percentage he has on the year.

PHOTO FROM WSU ATHL. DEPT.

Sophomore Forward, Cody Campbell-Rich, scored two goals in the Owl's 4-3 win over Franklin Pierce on Tuesday, November 24. He has four goals on the season on 17 total shots over the course of seven games.

Scores of Past Owls Athletics Events	Upcoming Owls Athletics Events
Wednesday, November 18th	*Thursday, December 3rd*
W Basketball vs Keene State L 64-93	W Basketball at Lasell 6:00 pm
M Basketball at Norwich University L 70-77	M Basketball at WCSU 7:00 pm
Thursday, November 19th	M Ice Hockey vs Assumption 7:35 pm
M Ice Hockey vs Worcester State W 5-1	*Saturday, December 5th*
Saturday, November 21st	M/W Track at Springfield College 10:00 am
W Swimming at Smith College L 110-167	W Swimming vs UMass Dartmouth 1:00 pm
M Basketball vs Emmanuel College W 84-75	W Basketball vs Rivier 1:00 pm
W Basketball at WNE L 85-90	M Ice Hockey at Plymouth State 6:00 pm
M Ice Hockey vs Framingham State W 5-3	*Tuesday, December 8th*
W XC at NCAA-Jessie Cardin finished 20th	W Basketball at ECSU 8:00 pm
Tuesday, November 24th	*Wednesday,December 9th*
W Basketball vs Mt. Holyoke W 87-25	M Ice Hoceky at Becker 7:30 pm
M Basketball vs Nichols College L 85-89	*Thursday, November 10th*
M Ice Hockey vs Franklin Pierce W 4-3	W Basketball vs UMass Boston 5:30 pm
	M Basketball vs Springfield College 7:30 pm

Owls show promise despite tough early season schedule

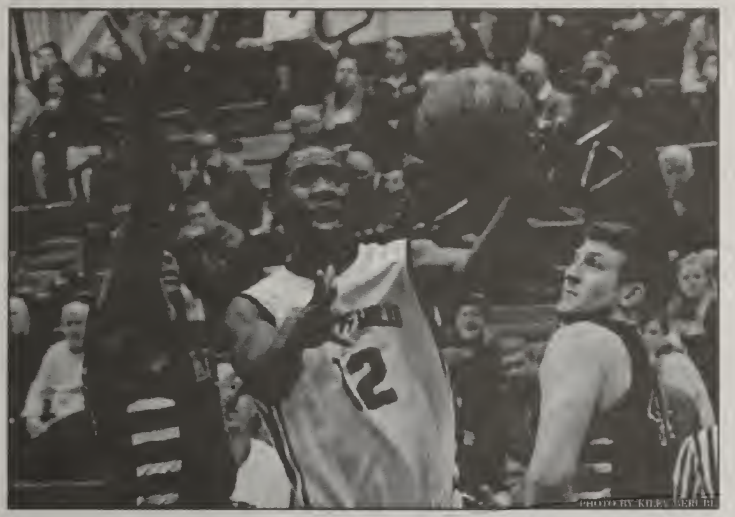
Tim Jaroche
Voice Reporter

The men's basketball team is 3-4 for the season but has plenty of games left to fix their record. This past weekend they participated in the Union College tournament where they played Union College and Clarkson University.

To start the game against Union, things were even for the first 10 minutes or so. Then, around the 11-minute mark, Westfield was leading 17-16. From there the Owls went on a 15-4 run, making the score 32-20. Things then slowed down for the Owls, but they were able to maintain their lead.

After Joe Crane hit a three pointer to put the Owls up 37-27 with three and a half minutes left in the half, Union had enough. In the next two minutes Union held Westfield at 37 and scored ten points for themselves, tying it up with a minute and a half to go.

Going into the half with momentum is important, and Union was doing just that. A layup by Shane Pasquantonio, a free throw by Evan Hopson, and a buzzer-beating three by Peter Mafo ruined Union's hopes of having momentum going into the half and left the score at 43-37 with Owls on top.



Sophomore Allister Williams drives to the hoop against Amherst on Tuesday night. He is averaging five points per game in an average of 20 minutes of action on the season so far.

In the first half, although the game was somewhat even throughout, Union shot only 37.9% from the field on 29 shots. Westfield got up 35 shots and put in 42.9% of them in the first half.

In the second half, Union gained momentum and jumped on the Owls from the start. In the first five minutes, Union scored ten points to take a 47-45 lead.

At the three-minute mark Westfield's Justin McElroy knocked down a three pointer to regain the Owls lead 72-70.

The last contested play of the game took place with one minute left when Peter Mafo hit a layup to make it 79-76 Owls.

From then on Union fouled Westfield and the Owls hit 6 free throws to close Union out 85-78.

Clarkson University would be the opponent the following day. This game would not go as smooth as the Union affair.

Five minutes into the first half, Westfield was running with Clarkson, down by two, 12-10. From then on, however, Clarkson turned up the heat and wouldn't look back.

The closest the Owls came was within eight for the rest of the half. By halftime things were out of hand with Clarkson leading by a score of 43-21.

In the second half Westfield came as close as 19 points from Clarkson. The final score was 81-62 in a one sided affair.

The first half is what hurt Westfield the most, going down by 22. In the second half they outscored Clarkson 41-38.

The Owls proved that they could stay with Clarkson; they just couldn't afford to slip like they did in the first half.

On Tuesday, Dec. 1, the Owls dropped another one to #4 Amherst College by a score of 89-65.

Coming up they have an out of conference game versus Western Connecticut State this Thursday, Dec. 3.

Smith College defeats Owls 167-110 before Thanksgiving

WSU Athletic Department

Anna Boucher won the 100 backstroke for Westfield State and keyed the Owls' victorious 200 medley relay team, but Westfield State fell to Smith by a 167-110 score in a dual meet at the Dalton Pool on Saturday.

Boucher swam a time of 1:06.92 in winning the 100 back. She aslo led off the medley relay team that touched-out the Smith A relay team by 15/100 of a second, teaming with Tia Pariseau, Haylee McQuay and Lesly Cano.

McQuay picked up a second in the 100 and 200 free, while Pariseau took second in the 50 free.

Westfield is now 1-3 on the season in dual meets. Westfield will host UMass Dartmouth on December 5th.

Cardin finishes 20th, earns All-America Honors

WSU Athletic Department

Westfield State University sophomore Jessie Cardin (Sutton HS/Sutton, Mass.) finished 20th in the nation at the 2015 NCAA Division III Women's Cross Country Championships at Lake Breeze Golf Club in Winneconne, Wisc., on Saturday afternoon.

Cardin covered the relatively flat women's 6,000-meter course in a time of 21:39.00, less than 16 seconds behind national champion Abrah Masterson of Cornell (Iowa) College who won the race in 21:23.10.

"I'm just really happy," said Cardin. "I feel like it's a dream and that I'm blessed that I was able to make the absolute best of my opportunity here."

Cardin ran the first mile in 5:47 and the hit the 2-mile mark in 11:38 and in 57th place.

"Coach and I talked about getting out of the soup at the start . . . it started to tighten up as we entered the first turn and I was very careful to try and get my own space, and that no one was stepping on me or me on them as can happen sometimes. After I got through the turn I checked that off in my head."

Temperatures at the course hovered around 30 degrees on a gray day that had snow in the forecast later in the afternoon.

Westfield State Sophomore, Jesse Cardin, hustles toward the finish line at the 2015 NCAA Division III Cross Country Championship race in Winnicone, Wisconsin on November 21. She finished the 6 km course in less than 22 minutes, earning All-American honors in the process.

"It was cold but it didn't bother me.," said Cardin. "It actually made me feel more focused and alert. I don't usually run with a long sleeve shirt but I did and it was the prefect temperature, warm, but I wasn't overheating."

At the 5K or 3 mile mark, she ran 16:50 for an extremely fast 3rd mile that moved her close to the lead pack.

"I guess I passed a lot of people there," said Cardin. "I didn't realize how many people I went by until my assistant coach Zak Gross told me that I went by 37 people from the 2nd mile until the end of the race.

"As we got closer to the finish, coaches and everyone was yelling from the side of the course that this was for the All American spots (top 35 runners earn All-America honors) and I realized that I could be an All-American. I croseed the finish line with a big smile; tired, but very, very happy."

"Jessie finished in front of some very good runners," said Westfield State head coach Bill Devine. "I don't know if it was the cold weather, or some people didn't run their best, but Jessie ran a smart race and had a terrific day."

Cardin was fourth among runners from New England teams, and fourth among runners from public institutions. She had finished 12th at last week's New England Regional meet after losing a shoe partway through the race and continuing on with one shoe and one sock.

"I ran in the same pair of shoes," said Cardin. "A couple of my quick-thinking teammates went back out on the course and found it for me last week."

Cardin is the fourth Westfield State woman to qualify for the NCAA championships in cross country and the first since Kerry Arouca in 2009.

Arouca earned All-America honors that year after finishing in 19th place. Colleen Murphy earned All-America status in 1982 by placing 24th, and Westfield native Cindy Sturm was a two-time All American and won the national championship in 1981.

"At first I was just happy to qualify for nationals since I wasn't able to last year." Said Cardin. "Everyone was telling me there was no pressure on me.

But as the race got closer I started thinking about top 75, then top 50, and then the All-America spots – 'why not me,' and I wanted to break 22 minutes. I got a good night's sleep and felt really primed and ready for the race.

"With 1000 meters left I felt good and I picked it up a little bit for the sprint for the All-America spots. In one of our races I had a little bit too much left at the end.

But I kept thinking what my mom always tells me, which is have no regrets about the way I ran the race, and I didn't have any today."

Heisman trophy still up for grabs with no standouts

Jack Corsi
Voice Reporter

This year's Heisman Trophy race seemed to be won weeks ago, but with the arrival of new names and the downfall of one, that race does not seem so clear-cut anymore, especially with the number of additions there has been to the list over the past month or so.

So, let's get down to the guys who have a shot at this illustrious trophy.

Derrick Henry has come on strong over the last month. He upstaged Leonard Fournette earlier this season and just recently out-gained the entire Auburn offense. Henry is a player many NFL teams will look at and lick their chops. He is a pro-typical Alabama back like Eddie Lacy and Trent Richardson, and he could be the favorite to take home the trophy right now.

Speaking of Leonard Fournette, we all said he was the winner until about mid-October, but since then, he almost fell off the face of the earth. It is not Fournette's fault. LSU's offense has pretty much run dry. Fournette is still very much in the running.

In my opinion, Christian McCaffrey has come out of nowhere. The Stanford product has shown he has the stuff to really win over the crown. Son of former NFL star Ed McCaffrey, this kid proved against Notre Dame that his talent is no joke. He needs a big Pac-12 title game to have a shot at winning the Heisman.

Deshaun Watson is the dark horse of the race. Many people have not recognized what Watson has done this season, and I would love to see the Clemson quarterback steal this. In the last two weeks, Watson has almost stolen the show with epic performances. He could steal it with a big performance against a stout North Carolina defense in the ACC title game.

Now, a name that is not getting recognition is Baker Mayfield. The Oklahoma quarterback has come out strong with great performances in big games.

What hurts is the second half concussion he suffered against TCU. If he played that entire game he would be even higher on the list. Mayfield will be making money on Sundays soon, but no Big-12 title game really hurts him in my eyes. He does not have the extra game that Watson, Henry, and McCaffrey have.

The biggest long shots are Trevone Boykin and Corey Coleman. Coleman is the best wide receiver in the game but will not see the light because of his position. Boykin basically fell off due to injury and consistency all season long.

A name that would have been there if he was not to get dismissed from his team was Will Grier. The Florida quarterback was having a stellar year until his dismissal. It really stinks that we lost his talent. He could have had a showdown with Henry in the SEC title game.

Another name that could have made the list was Nick Chubb.

Chubb was having an unreal season, but due to a terrible knee injury, he was sidelined for the year. Chubb was an excellent running talent for Georgia and his loss derailed the Bulldogs. Hopefully Chubb is back next year.

Who do I want to win? I would really like to see Watson take it home, but he needs to wow the voters against Carolina. The favorite is Henry, and it is almost in his grasps.

It is too bad Fournette dropped off, but he will be back next year. Do not count out McCaffrey because he could steal the show. It is really going to be a wild finale to the Heisman race.

Big Papi's retirement leaves Red Sox with questions

Tyler Mason
Voice Reporter

Is it a good thing for the Boston Red Sox that David Ortiz is retiring after the 2016 season?

The Red Sox slugger officially announced that he will be retiring and ending his successful career after the 2016 season. His postseason heroics, regular season milestones, and friendly personality towards Red Sox nation will be remembered forever. Will we be seeing a plaque with Big Papi's name on it in Cooperstown in a couple years? My guess is yes.

Now we all know the good side of Big Papi. But there is also an ugly side. I know the fans love the guy, but you can also see him as a "diva." When he gets into slumps he won't run out ground balls when his one job is to hit, and he will also throw the occasional temper tantrum in the dug out.

Back in 2014, Ortiz said he wasn't going to have a "retirement tour" like what former rivals Derek Jeter and Mariano Rivera did when they announced their retirement prior to their final season. Seems like Big Papi changed his mind and decided to be the center of attention...again.

So what if I said it was a good thing that Ortiz was gone after 2016?

Think about it. It actually was perfect timing with Ortiz announcing his retirement so early because new President of Baseball Operations Dave Dombrowski knows that $16 million will be off the payroll indefinitely. With that being said, he will know how much money he can spend accordingly on a true ace for the rotation.

Also, if former shortstop, to third baseman (back to shortstop), to left fielder and now current first baseman, Hanley Ramirez doesn't get dealt to another team and stays with the Sox until 2017, he will become the designated hitter for the future. I think we can all agree that the Red Sox chances to win any game increases dramatically when Hanley isn't on the field attempting to play defense.

Plus, Hanley's numbers as a DH are great because he just has to focus on hitting and not embarrassing himself in front of the Fenway Faithful. In just 11 games played where he was the DH in 2015, he hit .319 while belting 5 homers and collecting 11 RBI's.

We know Hanley is injury prone. We can't control that. But if he just hits, then there is also a chance he will stay healthy more often and not run into the Green Monster and blow out his shoulder. Also, we can focus on signing an actual first basemen for 2017.

Now all of you know that one of the biggest pitcher on the market this winter is lefty flamethrower David Price. If you don't know, David Price and David Ortiz have a history where they aren't too fond of each other. Price hit Ortiz on purpose a couple years ago, and it just hasn't been the best relationship since. But Price and Ortiz are veterans now, and even if it's Big Papi's last season, he wants a championship. The Red Sox have been in the basement of the A.L. East now for the last two seasons and they are in a "win now" mentality. You can see this with the Craig Kimbrel signing, so I think that if Price and Ortiz can set aside their differences for one year, Price would be a great fit for Boston for multiple years to come. The Red Sox need an ace, and Price has a career ERA of 1.95 at Fenway Park; pay the man as much money as possible to get him to Boston.

David Ortiz will be remembered as a legend in Red Sox Nation. I just think that he wanted it to be all about him. I like it when I root for a player that is confident, but there is a big difference between confident and cocky.

That is exactly what Ortiz is: a cocky player that shouldn't be surprised when he get an occasional 95 mile per hour heater a little too inside for his liking.

When the 2016 season comes to an end, I wish nothing but the best for Ortiz and his life after baseball. You will be hearing his name again when he will be, in my mind, a first ballot Hall of Famer. But I am confident that the 2017 Boston Red Sox will be ten times better without Ortiz in their everyday lineup.

Don't worry folks, there's light at the end of the tunnel when it comes to life after Papi.

Patriots lose first game to NFL's top defense

Mike Barry
Sports Editor

This past Sunday, the New England Patriots suffered their first loss of the season on the road against the Denver Broncos. This game has been marked on everyone's calendars all year, and it certainly lived up to the hype.

One of the most interesting aspects of this matchup was that its main selling point was non-existent. The always-anticipated Brady vs. Manning match up has been a marquis game in the NFL for the last decade. Due to Peyton Manning's persistent "foot injury," the Patriots were up against back-up quarterback Brock Osweiler, who was competing in just his second NFL start.

After watching this game, the knee jerk reaction would be to highlight the refs and the questionable penalties against the Patriots in the second half.

The most notable penalties were the defensive holding penalty on Patrick Chung and the offensive pass interference on Rob Gronkowski. Although I feel that those were far from what decided the game, they have to be addressed.

Rob Gronkowski has become one of the most exciting football players in the last five years. His size, speed, and athleticism make him a perennial mismatch. He is too strong for defensive backs and too fast for linebackers.

For the first time in my experience as a football fan, a football player's size and strength may be negatively affecting him. The offensive PI called on Gronk, if committed by any other player, would have looked like regular receiver-to-defender hand checking that occurs on every single play; however, because Gronk is just that much bigger, a basic football maneuver looks like an illegal push off.

There is no doubt that referees officiate him differently, and it is something the league has to address.

His size also forces defenders to tackle him differently. This caused the injury to his knee in the forth quarter that took him out for the rest of the game.

Although we now know it was nothing serious, low hits that look like cheap shots are really the only way to take him down. Thankfully, it was nothing serious this time.

The defensive holding penalty on Patrick Chung was infuriating as well. Committed on a second and goal that otherwise would have resulted in a sack by Allen Branch, this call moved the Broncos even closer to the goal line, which later resulted in the go-ahead touchdown.

When watching the replay of the penalty, the call becomes even worse than initially thought. Chung was playing man-to-man with Demarius Thomas, the Broncos number one receiving threat. Although Thomas is a super star, it is widely known around the league that he is a soft player.

This is what prompted the coaching decision to put Chung, an aggressive safety, on him one-on-one.

There really was minimal contact between the two on the play, and in comparison to when Osweiler was actually sacked, the contact had zero affect on the outcome of that play. Both penalties were just a terrible example of referees over-instating themselves.

With that out of the way, we can focus on the two reasons why the Patriots really lost: the loss of linebacker Don't'a Hightower and poor situational coaching.

Don't'a Hightower has been having a Pro Bowl caliber season and is really the anchor of the Patriots defense. His abilities to run support as well as basic fundamental tackling are irreplaceable assets to this team. When Hightower went out with what we now know was an MCL sprain, the Broncos run game flourished.

Prior to Hightower's injury, the Broncos had run for 43 yards or 15 carries. After his injury, the Broncos run production basically tripled. They ran for 136 yards on only 17 carries. Now, with a strong run game, the Broncos could control the clock and take most of the weight off of Osweiler's inexperienced shoulders.

After that, the single most important reason the Patriots lost was poor situational coaching. That is right, Bill Belichick made multiple situational football errors that cost his team the game.

The first was at the end of the first half when the Patriots had the ball with about two minutes to go and all of their timeouts. Up 14-7, the Patriots elected to run the ball and run out the clock.

On the surface, this seems like a reasonable plan, seeing as the team had the lead and was going to receive the ball to start the second half.

There is just one glaringly obvious and unavoidable problem with this plan; your quarterback is Tom Brady.

It could be argued that in the history of the NFL, no one runs a better two-minute drill than Tom Brady. Not only that, but if he has all of his timeouts, two minutes might as well be an eternity for Brady.

Throwing away a possession like that, especially when you are on the road against the best team you are going to play all season, makes no sense. The tone of the game would have been vastly different if the second half started 21-7 or even 17-7.

Bottom line is that if you have Tom Brady, run the two-minute drill and be aggressive.

The second major situational error was sending Chris Harper to return the punt that he eventually fumbled away in the forth quarter. I recognize that, at the end of the day, it is Harper's job to catch the punt, and the blame should ultimately be put on him.

With that being said, trusting a player who was just signed off the practice squad to perform in such a high-pressure situation is a serious risk. Harper should definitely have caught the ball; however, putting in a veteran like McCourty or Chung would have made much more sense.

The final coaching error would be the Patriots inability to affectively run the clock out at the end of the game. The Patriots had the lead and the ball with 4:12 remaining. After a run play on first down took 49 seconds off the clock, the Patriots proceeded to throw on their next four plays. This forced the Pats to punt with 2:39 remaining.

Had the Pats ran on every play, regardless of how much yardage they gained, they could have ran the clock at least 20 seconds under the two minute mark and forced the inexperienced Osweiler to drive his team the length of the field with no timeouts.

With all of this being said, the Patriots are still the number one seed in the AFC, and none of the injuries sustained to key players are going to last more than a few weeks.

For Patriots fans, the panic meter should be very low. Losing based off of mistakes made in coaching is not something that happens more than once a year, if that.

Referees will always be terrible; however, the Pats put themselves in a position to let the zebras make as much of an impact as they did. I personally guarantee Belichick and Brady will not let that happen again.

Games & Leisure

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Christmas Gift Ideas

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BAKING
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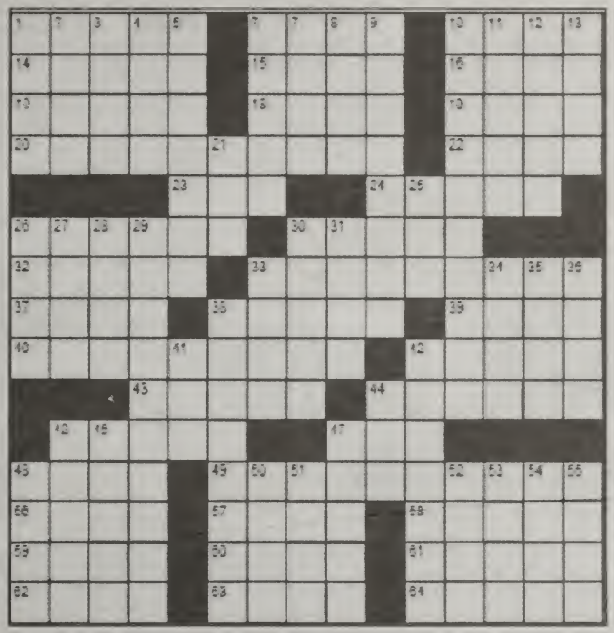
BOOK
BRACELET
CANDLES
CANDY
CHOCOLATES
CLOTHES
COFFEE MAKER
COFFEE MUG
COLOGNE
COOKIES
DOLL
EARRINGS
ELECTRONICS
FLOWERS
GAME
GIFT BASKET
GIFT CARD
HERBAL TEAS
JEWELRY
MONEY
MOVIE
MUSIC
NECKLACE
NECKTIE
PANTS
PENDANT
PERFUME
PLANT
SCARF
SHIRT
SLIPPERS
SNEAKERS
SOCKS
STUFFED ANIMAL
SWEATER
TELEVISION
TOOL SET
TOY
TREE ORNAMENT
WATCH
WINE

Maze



ACROSS

1. Operatic solos
6. Ends a prayer
10. Winglike
14. Cattle farm
15. An amount of medicine
16. Flexible mineral
17. Embellisher (comic art)
18. Accomplished
19. Road shoulder
20. Dispersed
22. How old we are
23. Annoy
24. Fails to win
26. Deadline
30. Small songbirds
32. Disney mermaid
33. Sickens
37. Tab
38. Deposits of ore
39. Carpenter's groove
40. Drooled
42. Condominium
43. Made from apple juice
44. Lingo
45. Dirty
47. Boxer's punch
48. Iota
49. Written material
56. Greek letter
57. False god
58. Sexually assaulted
59. A song for 2
60. Ship part
61. Wear away
62. If not
63. Not difficult
64. Mortise and ____ joint

DOWN

1. Dry
2. Hindu princess
3. Writing fluids
4. Air force heroes
5. Wither
6. Large African antelope
7. Debatable
8. Feudal worker
9. Unnecessary
10. A diplomat of the highest rank
11. Feudal lord
12. Units of land
13. Adult male sheep
21. Church bench
25. In song, the loneliest number
26. Taxis
27. Murres
28. Small brook
29. Congratulate
30. Flamingo or heron
31. Regretted
33. Memo
34. A tart spicy quality
35. Cocoyam
36. Any day now
38. Feminine
41. Vigor
42. Nightclub
44. Glass container
45. An evil spirit
46. Rituals
47. Usually paired with peanut butter
48. Broad
50. Notion
51. Foot digits
52. Container weight
53. Atop
54. Start over
55. Biblical garden

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
12/3	9:30p	Pancakes with Presidents! FREE pancakes and bacon!	Dining Commons
12/04	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
12/04	7:30p	Winter Gala Music Performances	Dever Stage
12/05	8:30a	Breakfast with Santa! Second session 10:30a	Scanlon Bird Hall
12/06		College Student Appreciation Day at the Wrentham Outlets	Wrentham, MA
12/6	11a	Mass	Interfaith Center
12/6	11a	Celebration of Life: Andy Johnson's Memorial	Owl's Nest
12/6	3:30p	Springfield's Greek Cathedral Annual Benefit Christmas Concert	Springfield, MA
12/7	6p	Leadership & Life Skills Compass Track: Stress and Your Health	Ely 003
12/8	10a-2p	Holiday Fair! Get your shopping done early!	Ely Lower Level
12/8	4—6p	Career Chats	Lammers Hall
12/8	7:30p	Shamanic Journeying Group	Ely Fitness Center
12/9	3:30p	Academic Poster Symposium	Wilson Hall 2nd Floor
12/9	4p	Financing Graduate School	Ely 220
12/9	4p	Interfaith Council Meeting	Interfaith Center
12/9	7p	Gingerbread House Contest	Owl's Nest
12/10	7:30a	Commuter Student Breakfast: 7:30a to 9:30a	Tekoa Room, DC
12/10	10:30a	FREE HIV, STI Testing on Campus: 10:30 AM to 4:30 PM	Scanlon Bird Hall
12/11	7:30p	AcaOwlettes!	Dever Stage
12/11		Last Day of Classes! Finals Week, Dec 14 — 17!	

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email studentactivities@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, DECEMBER 11, 2015

westfieldvoice.com
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Dr. Ramon Torrecilha approved as 20th president of WSU

PHOTO BY DELANEY GEMMO

From Press Release

The Massachusetts Board of Higher Education formally approved Dr. Ramon Torrecilha, a lifelong educator, as the 20th president Westfield State University. Dr. Torrecilha is a faculty member and has served in a number of senior administrative positions including executive vice president, provost and as an acting president.

"I am delighted by the appointment of Dr. Ramon Torrecilha as the new President of Westfield State and look forward to working with him," said Carlos E. Santiago, Massachusetts Commissioner of Higher Education.

"I want to thank the Westfield Board of Trustees and the search committee for delivering an exceptional pool of quality candidates, and congratulate them on an outstanding selection."

Dr. Torrecilha will be the first Latino to serve as president in the university's 176-year history. He is scheduled to begin his term on January 25, 2016.

Westfield State's presidential search process officially launched in January 2015, with a search committee comprising 13 members of the campus community.

Board of Trustee members Steven Marcus '88 and Terrell M. Hill '92, were appointed to serve as the chair and vice-chair, respectively, at the April 2014 board meeting. The members of the Westfield State University Presidential Search Advisory Committee included: Katheryn Bradford, M.S., Director, Alumni Relations (APA); Justin Connolly '16, Student Trustee; Junior Delgado, Director, Career Center (APA); Evelyn Dina '16, SGA President, Student Representative; Margot Hennessy, Ph.D., Chair, Ethnic and Gender Studies, MSCA Chapter President; Terrell Hill '92, M.Ed., Trustee; Robin Jensen, Chair (now former), Foundation Board; Ron'na Lytle, Administrative Assistant, Ethnic and Gender Studies and World Languages, (AFSCME); Steven Marcus '88, Trustee; Luis Perez, J.D., Trustee; Carlton Pickron, Ed.D., Vice President, Student Affairs (NUP); Henry Thomas, M.A., J.D., Board of Higher Education Representative; Edward Welsh, Ph.D., Associate Professor, Mathematics (MSCA).

On February 5, 2015, the Board of Trustees officially ratified Diversified Search of Philadelphia, PA to help manage the search process.

Two days of open Campus and Community Forums were held to gather input about the qualities people wanted to see in the next president. A position description was drafted to incorporate feedback received during the forums and was used in recruiting candidates.

Ads were placed in several national education, business, and leadership publications in April with Diversified Search actively engaging prospective candidates and building the candidate pool. Applicants were asked to submit materials by July 1, 2015.

The pool of candidates was narrowed to a semi-finalist group of 13 in August. The Presidential Search Advisory Committee interviewed the semi-finalists over a two-day period off campus between August 27-29

On September 29, 2015, the Presidential Search Advisory Committee announced three finalists to be brought forward as candidates to serve as the university's 20th president: Damian Fernandez, Ph.D., chief executive officer, head of school, Ethical Culture Fieldston School; Ramon Torrecilha, Ph.D., professor of sociology, former provost, vice president for Academic Affairs, California State University, Dominguez Hills; and Linda Vaden-Goad, Ph.D., provost, vice president for Academic Affairs, Framingham State University.

From October 5-16, the university held campus visits for each of the candidates to meet with the campus community and key stakeholders.

On October 27, Diversified Search notified the university that Damian Fernandez withdrew his name as a candidate for the position of president.

On October 28, the Westfield State University Board of Trustees voted to recommend Dr. Ramon Torrecilha as the final candidate.

On December 1, the Massachusetts Board of Higher Education formally approved Dr. Ramon Torrecilha as the 20th president of Westfield State University.

In this week's issue

Campus pages 1-5
Go Global
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Men's Basketball
David Price
College Football

The objective student press of Westfield State University

VOLUME VII, ISSUE XI

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, DECEMBER 11, 2015

News from other schools

The Daily Collegian,
U OF MASS., AMHERST
Roughly 40 students, labor activists and members of United Auto Workers local 2322 gathered in protest of the lack of just cause in employee discharge for resident assistants and peer mentors Tuesday.

The Harvard Crimson,
HARVARD UNIVERSITY
After making a series of demands they say will improve Harvard Law School's treatment of minority students, more than 100 students gathered on the campus's Kumble Plaza on Monday to protest what they said was Law School Dean Martha L. Minow's failure to adequately address their concerns.

The Daily Campus,
UNIV. OF CONNECTICUT
The Connecticut Board of Regents for Higher Education has responded to a nationwide epidemic of mass shootings, some taking place at community colleges, by voting to allow armed security officers on state community college campuses.

Undergraduate Research Conference

Dear Students,

The application/registration for the 22nd Annual Statewide Undergraduate Research Conference is now open. Please copy the following URL into your browser to register and for detailed information about the conference: www.honors.umass.edu/conference.

Each year undergraduate students of diverse academic backgrounds from across the public higher educational institutions in Massachusetts gather to present the results of their original work in oral and poster presentations before their peers, faculty and the public. Last year, over 1100 students presented their work related to:

- Thesis research
- Creative work in the visual and performing arts
- Independent study
- Community service
- Study abroad

The conference offers a unique opportunity for you to learn to present your academic work in a formal setting, receive feedback from faculty and scholars in your field, exchange ideas with other undergraduate scholars and enhance your résumé.

The conference will be held on Friday, April 22, 2016 in the Lincoln Campus Center, UMass Amherst. If you would like to present at the 22nd annual conference you must submit an abstract for review no later February 19, 2016.

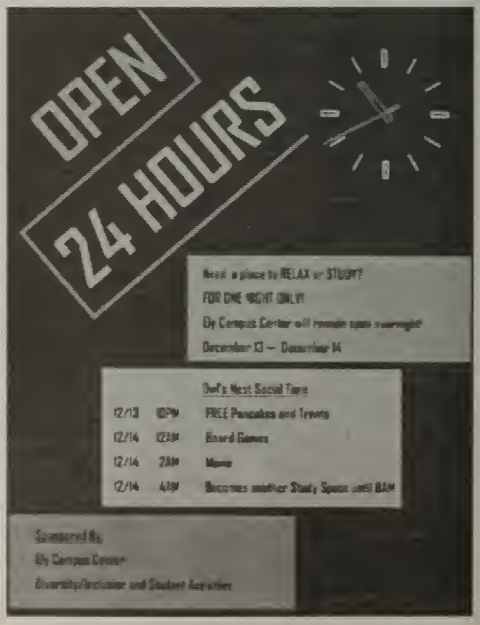
The last several years, between 70 and 100 Westfield State University students have presented at the conference each year, gaining valuable experience for their careers and enjoying the discussions with their peers from other public institutions. This conference is open to students from any year or discipline and is NOT restricted to honors students. We provide university vans for transportation for students (and faculty and staff) who want to use them.

As noted above, the deadline for abstract submissions is February 19, 2015. Professor Vanessa Diana and I will once again serve as the Westfield State campus contacts, and we will hold an information session and abstract writing workshop early in the spring semester for students.

If you have any questions, please let me know.

Sincerely,

Glen Brewster honors@westfield.ma.edu
Vanessa Diana vdiana@westfield



GLOBAL CONVERSATIONS

Why Study Abroad

From a columnist to interested students, these are the reasons why studying abroad is an important once in a lifetime opportunity

Haley Batchelder
Voice Columnist

As I write the final article of my first column in a newspaper, I can't help but reflect upon what I've written over the past few months. Writing a column that focuses on international travel for students by students has enriched not only my writing skills but my personal knowledge as well.

I think about who I interviewed, the experiences the interviewees shared, and the cultures of which I was informed. And as I reflect, what comes to my mind? Regret.

Each week, I've shared stories of lives that were changed through studying abroad. I provided students with solutions and tips to studying in another country.

I've interviewed faculty that have seen students transform into professionals through each study abroad experience. Yet as I share these stories with the campus community, I've never tackled these experiences myself.

Approaching my final semester as a senior, I am proud of everything I've accomplished. Each and every club and organization I've participated in, every class I've taken, and every leap of faith I took has created the unforgettable college experience I could only hope for four years ago. But I never studied abroad.

I never left the nest that is Westfield State University to see what else was in the world. And why? Because I was comfortable where I was; because I thought I couldn't afford it; because I was involved in too much on campus to leave.

There always seemed to be a reason as to why I should stay put. Looking back, I realize that these aren't reasons; they're excuses. And as I see student after student come back from a study abroad program changed, my longing to turn back time and go through the process myself only grows.

While I've never lived in another country, I can guarantee that living in a completely different culture changes a person. Friends that have studied abroad come back with a new attitude on life. As many interviewees mentioned this past semester, they come back with a completely different perspective of the world.

They come back realizing that the world is so much bigger than Westfield State University, or Massachusetts for that matter. They come back realizing that problems we view to be substantial are really insignificant compared to other issues worldwide.

Yes, I can be told this realization time and time again but I won't ever truly understand it until I experience the culture shock a study abroad student encounters.

The Eiffel Tower is an amazing landmark that students can visit when they 'Go Global'

So as I close out this column, what final thoughts and advice can I share? First and foremost, don't force yourself to think of reasons why you can't study abroad. Through the multitude of programs offered by the International Affairs Office, there is an option for any student to go global, whether it's for two weeks or three months. Don't let your fear or comfort hold you back from life changing experiences.

Second, realize that studying abroad isn't about seeing the Eiffel Tower or eating true Italian pizza.

It's not about sightseeing and taking classes in another language. While these are components to a study abroad experience, it's about adapting to a different culture and letting yourself be open to the new experiences and lifestyles within that culture.

Studying abroad is about arriving as a blank slate and returning back home with a new perspective on life—one that changes you for the better.

My final piece of advice in regards to studying abroad? Do it.

As a columnist that has recounted multiple study abroad experiences to a student who never found the nerve to take that leap of faith, I encourage you to go global in any capacity possible during your college career.

Take it from me; not taking this opportunity is a decision you will regret.

For support or information in studying abroad, remember to visit the International Affairs Office in the Parenzo Lobby.

Award-Winning Stylist Announces 2016 Will Be the 'Year of Hair Painting'

From Press Release

With the 2016 Milan Fashion Week still fresh in his mind, internationally-acclaimed hair stylist Ed Blum didn't wait long to introduce the latest styles and techniques at his Makeovers Salon + Spa in Easton, Mass., just outside Boston that he co-owns with wife Norah Blum.

Makeovers clients are already buzzing about one exciting technique: the clay-based hair painting technique that, almost magically, allows the stylist to put color next to color without bleeding or foils.

"Customers think I'm joking when I tell them there's clay in the color developer. I paint the hair with an artist's brush using a Wella formula that lightens and results in a natural, sun-kissed look – a soft transition even with contrasting tones," Blum says. "I love how it brings out the organic child artist in me. It's such a tactile process. The sky's the limit!"

Blum says, "2016 is the year of the clean, smooth look you get from clay." He explains, "With the right formulation and amount of developer -- properly applied -- the stylist can achieve both the lightest of tones and the richest of color that will not run into each other creating a kaleidoscope of color. When the color dries, it takes on a clay-like consistency that allows the stylist more creativity and freedom. Although the color is drying, it's only drying on the outside.

The hair is thoroughly coated which allows an outer shell to form, letting the color closest to the hair stay a normal consistency. It's such a captivating experience, almost 100% of clients say they'd ask for hair painting again."

"Hair painting is great both for natural and pre-colored hair," says Blum. "I I use freehand application of the formula's lightening agents and clays that can allow for various levels of depth in one color process. Limitless creativity of kaleidoscope color.

We apply it to dry hair with spatulas and sculpt the color by hand in various shapes and directions to get a uniquely designed multi-tonal, harmonious color result without using foils or other separators. We apply colors side by side, starting with one color on one strand/section, then another color next to it, and so on.

The movement of the hair speaks volumes and dictates how to apply the color. Working with Marjirel, Dialite, and other great L'Oreal Professionnel color has allowed us to create and emphasize the hair's movement. Another freehand technique, Contour Coloring, which has been created by the L'Oreal Professionnel design team, allows for a more subtle kaleidoscope result. Dimension is key!"

Ed Blum, with nearly four decades in the salon and fashion industry, has been the stylist for the 'Days of Our Lives' soap opera's Kristian Alfonso (Hope), and for TV's Judge Maria Lopez.

Makeovers Salon & Spa was the set for the Disney pilot, 'Postcards from Heaven' with medium Maureen Hancock, and casting calls with 'The Rock.' For Milan Fashion Week, Blum was selected to join the prestigious L'Oreal World Tour as a Black Elite team member for L'Oreal Professionnel. In recent months, Ed Blum and Makeovers Salon were in acclaimed international fashion and style publications Beauty Launchpad, 360 Magazine and Modern Salon. Makeovers Salon + Spa is in Easton, Mass. 508.238.1211 / http://makeoverssalon.com/

Student-Centered Approach Drives Retention, Persistence at Westfield State

From Press Release

Westfield State University has taken a purposeful approach to fostering student success. As a result, the university is seeing strong numbers in many critical categories from enrollment growth and retention gains to significant increases in four- (52.6%), five- (63.6%) and six-year (62.7%) graduation rates.

"Creating strong, personal relationships is at the core of our student success strategy. Implementation of a strategic, multi-pronged effort that integrates technology, supplemental instruction in STEM disciplines, tutoring, advising, and active collaboration between departments has created greater opportunities to connect with students and to keep them motivated and engaged in campus life," said Diane Prusank, PhD, dean of undergraduate studies.

Leveraging technology to foster more personalized relationships may seem counter-intuitive, however software like Degree Works enables faculty and staff to be more efficient, freeing up time to spend with students.

"We have gone the opposite way of some of our peers. In some schools, using Degree Works' Audit capabilities actually takes time away from students because it provides more student autonomy in terms of checking in on requirements and less advising time," said Prusank. "For Westfield State faculty and staff, we intentionally integrated the new technology to allow us to spend time more productively with students talking with them about what they're doing, next steps, opportunities for internships, or participation in clubs and organizations all of which is designed to keep them on track academically and engaged in the campus community." Degree Works was launched on October 1, 2010 to be used during the advising/pre-registration period.

Westfield360 is a targeted holistic student success initiative that incorporates the Starfish Retention Solution software with a personalized network of people, resources and services for every student. Electronic Early Alerts and mid-semester Progress Reports for potentially at-risk cohorts allows faculty and advisors to assess a students level of engagement early on, allowing for targeted interventions and access to a robust network of campus support programs like the Reading and Writing Center. The process allows faculty and advising staff to communicate and collaborate easily across departments. Faculty also have the opportunity to raise Kudos, alerting students of academic improvement or gains, a tool which has proven to be a great motivator for students.

The university is actively working to create better, smoother transitions for transfer students who are also less likely graduate with a degree. Programs range from implementation of peer mentoring programs to earlier orientation sessions. Open sessions held this fall with transfer students to talk about their experiences will help inform support for this group moving forward.

A number of other factors have contributed to the university's strong performance, including:

Implementation of a First-Year Connections Program, a student retention initiative designed to deepen student connections to both academics and student life. A common book and author visit and first-year only core classes are key features of this program. The retention rate for the class of 2014 was 78.5%.

Offer tutoring, peer advising, academic workshops and advising to connect with students early and often

Expanded Civic Engagement initiatives to create shared student experiences and connections to communities while contributing workforce infrastructure and resources

Investment in new facilities like the Science and Innovation Center opening in fall 2016

Continued strategic decision to diversify enrollment particularly among first generation and minority students. Tours, admission material and marketing outreach is provided in both English and Spanish. Our Urban Education Summer Bridge Program, celebrating 46 years on campus, enrolls 100 students annually in a residential five-week summer experience prior to matriculation and provides intensive support to graduation.

Collaboration with academic partners like the Springfield Public Schools to increase access to higher education for low-income and students of color through initiatives like the 100 Males to College and Reach to Teach. An overnight summer retreat for the 100 Males to College Program in July of 2015 provided an intensive opportunity for Springfield students to experience the collegiate environment.

Implementation of residential Living Learning Communities designed to offer students who share common educational, social, or extra-curricular interests the opportunity to live together in one of the residence halls. Communities include Emerging Leaders, Global Awareness and Paving the Way, a community for first-year, transfers and first generation students that was launched this academic year.

"Our process of being student-centered very much aligns with the Commonwealth's goals of closing the achievement gap and getting more students to graduation," said Prusank. "We are seeing success, but there is more work to be done. We are fortunate at this time to welcome a new president whose focus and goals are in line with what we want to accomplish moving forward."

from the voice vault

This article was published in the November 21, 1983 issue of The Westfield State Owl

Renovations Demand Tuition Hike

By Suzanne Nadeau

At a November 4 press conference, Westfield State College President Francis J. Pilecki announced a possible tuition increase of $64 per student per semester, beginning in January, 1984. The tuition hike will help finance a $3 million construction program that includes an addition to the gymnasium, Campus Center renovations and a 2,000 seat indoor hockey rink. An unidentified local firm will donate $500,000 to cover one-half of the rink expenses, if the State Board of Regents and the State Legislature approve the tuition hike. The hike has already been approved by Westfield State Student Senate and the college's Board of Trustees.

The construction is part of a $10 million expansion program. Additional proposed renovations include additions to existing dormitories, cafeteria expansion, and construction of a new dormitory. The changes will provide living space for 500 students, easing the current on-campus housing shortage.

The Board of Regents voted and passed the proposal during the week of November 7.

The block to the right contains a breakdown of the costs and the funding sources, which were released in a letter from President Pilecki on Nov. 7.

Note: On tuition retention plan, the Legislature would advance the funds for the project construction in order to begin as soon as possible. College would repay the Commonwealth in forthcoming years.

This ad was published in the November 5, 1975 issue of The Owl

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send your deposit of $100.00 NOW to
or contact
Mr. Donald Ford
Dir Student Union
588 0514
Mr. Ken Bowser
Faculty Advisor
568 3311
Application form

This article was published in the April 16, 2001 issue of The Campus Voice

Dining Commons to begin renovations over summer to improve food quality

By Adrienne Lamplough
Voice Reporter

This summer, Westfield State College will begin renovating the Dining Commons, starting on May 21 and finishing on August 15, said Assistant Vice-President Curt Robie.

The Dining Commons will undergo major changes in "The serving area and the residential border plan side," said Peter Stetson, Director of Food Services.

"This project is funded by food services and will cost a little bit over half a million dollars," said Robie.

"They are going to replace all of serving area is going to be pushed into the dining area," said Stetson. "Each area is going to have its own section.

There will be an area for pastas, pizza, deli bar, also for the grill and a charcoal grill, hot entrees and occasionally specialty cooking, while the beverages will be facing the dining

-File Photo

Plans for Westfield State's future Dining Commons.

According to Stetson each area will have a visible prep area. "We will be bringing some of the production from the back of the house to the front of the house," said Stetson.

New equipment is also going to be purchased to replace the ten-year-old equipment that is currently in the Dining Commons. There has been many technological advances in the past ten years, said Stetson.

"New equipment means new possibilities," said Stetson. "It will be the same kind of food but because of the better facilities it will

Dining Commons

Continued from Page 1

make the product so much better. We will be preparing the food right in front of you. The new equipment will help make better food."

According to Stetson the food will be fresher and there will be a larger variety to choose from.

Stetson wants students to know that the meal plan will stay the same. Students will scan their cards as they enter the Dining Commons and will be able to eat as much as they want.

"The only thing that will change is the meal plan goes up a percentage each year. But other than that it won't go up much it is usually just a ten or fifteen dollar increase each year," said Stetson.

President Frederick Woodward said, "My opinion on the change is very positive.It will be more of a mall-style serving area. They prepare the food for you when you are standing there," said Woodward. "The food will be fresher."

Kris Dumas, a freshman, said, "It sounds pretty good, it sounds promising. I like the fact that we can have pizza everyday. You can't go wrong with pizza."

"I think anything that will improve the quality of food and helps to stop the wasting of food will be a good system," said sophomore, Melissa Griffin.

According to Stetson, students that are staying on campus during the summer break can go to Subway, which will be open, along with the student service center, 333 and Scanlon Banquet Hall. Students that are visiting the campus during orientation will be served their meals in the Banquet Hall.

Want to see more stuff from the voice vault?

Contact **Andrew Burke**, editor-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice**.

opinions & editorials

FRIDAY, DECEMBER 11, 2015 RACE RUGH, EDITOR

Why solar energy stalled in Massachusetts

Julia Galecki
Voice Contributor

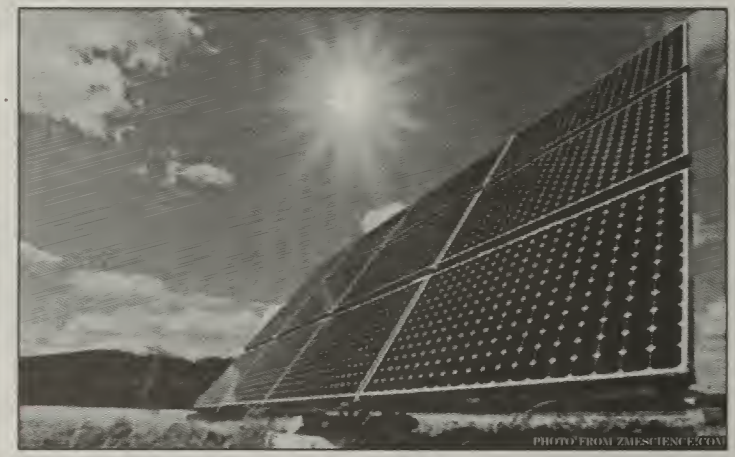
PHOTO FROM ZMESCIENCE.COM

Many individuals support making the change from fossil fuels to solar energy in Mass. Considering that the majority of people in Mass. support solar energy and would like to transition to a clean energy and a lean energy system, why does our statewide policy not reflect that?

Here's why: there is currently a cap, or a limit, on the amount of solar energy that can be sold back to the grid. Net metering is a process that pays solar energy system owners for the electricity they add to the grid.

They do this by collecting a surplus of solar energy, and as a result they can use the extra energy to add power to their region. One hundred seventy-one municipalities have reached the cap; therefore, no more net metering can happen there.

This sounds like an intelligent and sustainable use of energy, but the House of Representatives and traditional electric utility providers have stunted it.

Environmental activists, business owners, experts, and communities have been urging policy makers and political leaders to lift the net metering caps in order for more solar energy to be sold back to the grid.

On Nov. 18, the House of Representatives proposed a bill to change the policy on net metering. Environmentalists were hopeful that the caps would be lifted by a fair amount, but they were disappointed when the cap was only lifted by a meager two percent.

Ben Hellerstein, state director for Environment Massachusetts, stated in a press release on Sept. 3, "We should lift arbitrary limits on solar power and bring as much solar to Massachusetts as we can, as quickly as possible."

Activist groups have many supporters who would like to see Mass. go 20 percent solar by 2025.

According to the Boston Globe, "Developers now warn that the entire solar industry will collapse if the caps are not raised yet again."

That goal becomes harder to reach as the influence of electric utilities continues to penetrate both the House and Senate.

It seems they are doing everything in their power to limit any resources that would contribute to the growth of the solar industry in Mass.

Utilities say money paid to solar energy producers is making electricity more expensive for all customers. The notion of the electric utilities claiming certain legislation would end up raising costs for consumers isn't new. I'm referring to the deregulation of electric utilities argued for and won in 1997.

Their main argument in favor of deregulation was, of course, that if they did not get what they wanted, consumer prices would rise. Sound familiar?

The cap only being lifted by two percent limits the amount of money the solar companies can bring in to start new projects. Not only that, but if new solar ventures want to get federal tax credits, projects need to be started sometime before next year or they risk losing those benefits.

If history is a good indicator, the rewards of the solar industry can offer the people of the Commonwealth a win-win situation.

According to the Massachusetts Clean Energy Center, from 2010 to 2013 solar grew at a rate of 127 percent per year in Mass. In 2014, the solar industry employed over 12,000 jobs.

"Leaders warned that the rapid growth of solar energy could stall if state officials fail to lift a cap on Massachusetts' most important solar program," (Environment Massachusetts).

The only loser looks to be the traditional electric utilities. Obviously they are doing everything they can to prevent their demise, and it's only a matter of time before our lawmakers realize the value of solar power.

Let's make Mass. a leader in the solar fight. The benefits of jobs and sustainable energy are a good prospect for everyone. In conclusion, the House of Representatives' bill is in the best interests of the electrical industry and not the people of Mass.

We want solar; it is economically viable and creates jobs in Mass. Solar is the logical step forward that the people are eager for. It's time our representatives make that happen.

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Open Skating

From Press Release

The Mullins Center Community Ice Rink and MAPFRE Insurance are getting into the holiday spirit by hosting a Holiday Skating Party on Sunday, December 13 from 2:30pm-4:20pm. The Holiday Skating Party's admission is FREE for the first 100 guests that RSVP. Otherwise, tickets are $15 per person, which includes the cost of skate rental and activities. Tickets for this event are on sale now and can be purchased through the Mullins Center Box Office or by contacting Nick Shaheen at 413-545-3373 or nshaheen@umass.edu. Sign up for the Mullins Center Insider Club to receive information about this event and others at www.mullinscenter.com.

We invite the community to come out and celebrate the season with cookie decorating, snowflake crafting, yard games, and on-ice activities. Holiday themed snacks will be available for purchase. The Mullins Center Community Ice Rink will provide families with spirited entertainment both on and off the ice.

For information on upcoming events at the Mullins Center, please visit our website at http://www.mullinscenter.com/. Tickets for all Mullins Center events are available through Ticketmaster.com, or at the Mullins Center Box Office. You can also become a fan and follow the Mullins Center Facebook at https://www.facebook.com/MullinsCenter and on Twitter at https://www.twitter.com/MullinsCenter for special sneak peeks and daily updates.

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

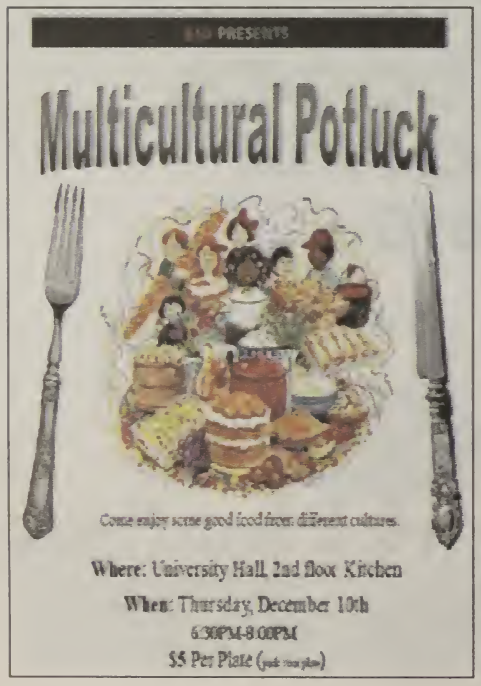
The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a $16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.



arts & entertainment

FRIDAY, DECEMBER 11, 2015 CAROLINE CHIZEK, EDITOR

quick hits

as of December 8, 2015

Top 10 Singles

1. Hello - Adele
2. Sorry - Justin Bieber
3. Hotline Bling - Drake
4. What Do You Mean - Justin Bieber
5. The Hills - The Weekend
6. Stitches - Shawn Mendes
7. Love Yourself - Justin Bieber
8. Here - Alessia Cara
9. Like I'm Gonna Lose You - Meghan Trainor ft John Legend
10. Same Old Love - Selena Gomez

Top 5 Albums

1. 25 - Adele
2. Purpose - Justin Bieber
3. That's Christmas To Me - Pentatonix
4. Made In The A.M - One Direction
5. 1989 - Taylor Swift

Top 5 Movies

1. The Hunger Games: Mockingjay-Part 2
2. Krampus
3. The Good Dinosaur
4. Creed
5. Spectre

Upcoming DVDs

1. Fantastic Four
2. Maze Runner: The Scorch Trials
3. Mission Impossible: Rogue Nation
4. Ted 2
5. Slow Learners

KNOWING TO COOK

Communication and food – inside a department's potluck

Ryan Cashman
Voice Columnist

PHOTO FROM THE COMM DEPT. FACEBOOK PAGE

Of the many themes that continually and constantly appear in this column, sharing food with people you care about has to be among the most frequent. There is no department on this campus that understands that concept more so, at least in this biased writer's opinion, than the communication department.

Last Thursday saw the first of a hopefully recurring department gathering, the Potluck Extravaganza. Hosted by the Westfield chapter of the National Communication Honors Society, Lambda Pi Eta, and the communication club, the potluck brought together students and faculty, and amongst them was shared a myriad of food choices.

The variety of foods prepared and presented by the student body were astounding: vegan chili made by Kristina Hernandez, mini-quiches prepared by Evelyn Dina, jalapeno poppers from Nicole Primeau, lasagna made by Shannon Cullinane, broccoli and cheese casserole baked by Amanda Canale, and a pasta dish from yours truly.

There were so many dishes worth mentioning that I could probably fill an entire column by listing and reviewing all of them, but I'll move on.

Though classes in the communication department are not directly related to food; virtually the entire faculty agrees that food is importantly correlated to how we as people can communicate with others.

At every gathering the department holds, food is available. Whether it's the traditional pizza parties at the beginning of each semester or potlucks such as the one thrown last week, there is never a shortage of food—and good food at that—at a communication department event.

I can't tell you how many curriculum committee meetings I've attended as a student liaison that have devolved from important discussions on curriculum to discussions about why the apple cider donuts from Atkins Farm in Amherst are so delicious.

The donuts of course have been proved, as always, by Professor Gardner. Our gatherings wouldn't be complete without at least five bags of cider donuts strewn across the table. They're typically gone in about five minutes.

Speaking of department faculty, they were in charge of making desserts to enter into the potlucks faculty bake-off, in which they presented students with perhaps out most difficult test: go through and eat some of all the desserts on the table and choose which one was best. Like I said, a maddeningly difficult task. We had so many options to choose from: chocolate chip cookies, apple pie, chocolate truffles, oatmeal raisin cookies, and Atkins donuts. The winner of the faculty bake-off was announced at the end of the evening: the chocolate chip cookies made by our wonderful department chair, Susan Leggett.

So, I can easily say, since I was there, that the potluck was a success not just in terms of food, but in

see CASHMAN on page 13

Horoscopes

Aries
(March 21 - April 20):
Finals give you a chance to substantially boost those low grades; however, the stars report that those possibilities are bleak. There's always next semester!

Taurus
(April 21 – May 21):
After a warm welcome home for the holidays, it's time for the arrival of some new earplugs. You think your suitemates at school are bad? Wait until Aunt Marge stops by for eight nights of Hanukkah!

Gemini
(May 22 – June 21):
It's time start your winter holiday with a change of pace. Log off of that World of Warcraft account and start a tasteful column for the A&E section of the Voice!

Cancer
(June 23 – July 22):
Try to avoid all Tauruses that have set out to fatally harm you in the past. It's in their nature.

Leo
(July 23 – August 23):
The stars predict a gruesome year for you, Leo. Luckily, the stars are about as reliable as your friend's notes your reviewing for that math final.

Virgo
(August 24 – September 22):
A new love interest is on the horizon. Hiring a love coach may be your only hope of maintaining it.

Libra
(September 23 – October 22):
A tiff in the workplace can be easily remedied when faced head-on. Unfortunately, Libras are terrible at confrontation. Start seeking new job opportunities now.

Scorpio
(October 23 – November 21):
You're an incredibly trusting person, but enough is enough. Loaning your car and money to Tauruses is never prudent.

Sagittarius
(November 22 – December 21):
Expect a big surprise this week! On an unrelated note, refrain from eating the chicken in the DC.

Capricorn
(December 22 – January 19):
Ignore the advice from your friends, family, and sagacious professors and just blindly follow your instincts.

Aquarius
(January 20 – February 18):
Uncle Ken is bringing a large gift for you this year. Don't accept it — it's a trap.

Pisces
(February 19 – March 20):
The stars are hazy in regards to your future, Pisces. Admittedly, the impending snow may have just been intercepting the messages.

gail's guidance

Dear Gail,

I have so much end-of-the-semester work and studying for finals to do! Help!

Dear Ja'Crispy,

Firstly, your name is amazing. Do you mind if I use it as my pen name for my mermaid romance novella? Let me know.

Anyway, I'm sure you are trudging through this week with bloodshot eyes, mounds of homework, and thousands of textbooks on marine-life and the Armenian genocide.

Let me give you some perspective, Ja'Crispy. Here is what a day in the life for Gail entails: I am rudely awakened at the crack of dawn to a crying child and an enticing story about his latest nightmare.

I spend two hours doing rigorous cardio at the gym to stay fit, as fitness is essential for those in the public eye. I spend nine or ten hours with my clients, whose lives I transform from shambles to sheer perfection.

Then, I spend a couple of hours filling out run-of-the-mill life expert paperwork. I may do a sexy photo-shoot, write a couple chapters of my novella, or do an interview on "Ellen" or "Conan" as well.

When I come home, my husband and I cook a delectable dinner together (we're progressive like that), while managing to keep our children and dogs out of the imminent dangers that the suburbs inevitably bring.

Finally, after an arduous bedtime routine, I clean the house for a few hours and finally retire, only to be awoken four hours later by another crying child.

Sound easier than your finals week? Guess what? It's not! At the end of the week, I don't drive home to my mother's gingerbread cookies and my high school friends awaiting my arrival with the special eggnog and copious holiday cheer. Alas, this is my life every week. It never ends.

Good luck studying!

Tidings of great cheer,
Gail

From **CASHMAN** *page 10*

terms of communication as well. So seldom is it today, especially being in college, that we can join our friends and even our professors for a completely stress free evening of good food and conversation.

Despite returning to work and stress after the event was over, the potluck will still stand out as a nice and relaxing break in an otherwise totally hectic day.

Over the course of my seven, well six if you don't count Italy, semesters I have spent as a student of communication, I have learned more about why culture, media, and communication are so deeply linked together. It's because culture fuels everything.

The culture of one country, while outwardly very different from our own, is the primary source of all communicative acts to follow, whether its print journalism, radio, television, film, and even food.

Food is, as you might imagine, an important tool for communication. Not in the sense of mass communication which revolves around the media I've listed, but interpersonal and human communication of which we future communication scholars need a primary understanding.

The more we learn about people, beginning with the individual and graduated to the collective culture, the more we learn about ourselves and how we communicate. And I think food is the best of those interpersonal communication tools.

Enjoy this recipe for the pasta dish I served at the potluck!

As always: Buona Tavola é Mangiare Bene!

CHICKEN PASTA BROCCOLI

Ingredients:

Chicken – between 1-1 ½ lbs per person

Broccoli – frozen or fresh; if fresh about 2-3 heads

1 box farfalle (bow-tie) pasta

1 Tbs minced garlic

Salt & Pepper to taste

Olive Oil

Instructions:

Dice the chicken breasts into cubes and marinate them in the garlic and olive oil for about 1-2 hours.

Heat about a tablespoon of olive oil in a large skillet and sauté the chicken in batches over medium high heat until browned. Keep chicken covered with aluminum foil.

Bring a pot of water to a boil, salt it, then cook the pasta and broccoli at the same time.

When the pasta is al dente the broccoli is also done.

Return all of the chicken to the skillet and warm over medium low heat.

Add the pasta and broccoli and mix.

Leave on the heat for about 5 minutes.

Serve in a large bowl with plenty of cheese and red pepper flakes.

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Liquor Law Violation	15-95-AR	12/5/15	12/5/15	0143	Western Ave	On	Arrest
-Drug Law Violation	"	"	"	"	"	"	"
-Equipment Violation	"	"	"	"	"	"	"
-Liquor Law Violation	15-60-FI	12/5/15	12/5/15	0150	Scanlon Hall	On	Referred to Student Conduct
-Liquor Law Violation	15-96-AR	12/5/15	12/5/15	0234	Scanlon Hall	On	Arrest
-Liquor Law Violation	15-644	12/5/15	12/5/15	2026	Ely Road	On	Referred to Student Conduct
-Liquor Law Violation	15/645	12/5/15	12/5/15	0021	Scanlon Hall	On	Referred to Student Conduct
-Assault & Battery	15-647	12/6/15	12/6/15	0101	Apartment Complex	On	Referred to Student Conduct
-Equipment Violation	15-92-A	12/6/15	12/6/15	0207	Western Ave	On	Arrest
-Drug Law Violation	"	"	"	"	"	"	"
-Liquor Law Violation	"	"	"	"	"	"	"
-Drug Law Violation	15-650	12/7/15	12/7/15	0111	Davis Hall	On	Arrest
-Larceny	15-651	12/7/15	12/7/15	1530-1800	Woodward Center	On	Investigated
-Larceny	15-652	12/7/15	12/7/15	1600-1800	Woodward Center	On	Investigated

owls athletics

FRIDAY, DECEMBER 11, 2015 MICHAEL BARRY, EDITOR

Owls show promise despite losing record

Andrew McIntosh
Voice Reporter

Last Thursday, the Westfield State men's basketball team lost a close contest to Western Connecticut by a final score of 77-76. Westfield made a late game charge, almost coming back from 13-point deficit. The Colonels of Western Connecticut were able to hold on for the win despite the strong final push by the Owls.

Each team had a strong showing in the early moments of the game. Western Connecticut started the game off hot, going up 6-0 quick. Realizing that the Colonels were picking up steam, Westfield called a crucial timeout, setting up a solid offensive run of their own.

The game remained back and forth for most of the first half, and with just about five minutes to go, Westfield would hold its final lead of the contest. With the Owls up 23-22, Western Connecticut went on a huge 18-8 run, which left them heading into the locker room at the half with a comfortable 40-31 lead.

Western Connecticut was able to create more chances than Westfield, taking 16 more shots in the first half. With that being said, the Owls efficiency from the field is what kept them alive. Of the 16 fewer shots they took, the Owls only missed two fewer field goals than the Colonels. Although Westfield's hot shooting percentage bode well for their chances, they needed to get more shots up if they were going to make a comeback.

When the two teams went back onto the floor for the second half, Western Connecticut seemed to pick up right where they left off. After a costly technical that was called on the Westfield bench, senior Phil Starks hit two shots from the line, giving the Colonels a 17-point lead.

Starks was a stand out performer for Western Connecticut, finishing the game as their leading scorer with 27 points. This was the best individual offensive performance between both teams.

With two minutes left, Western Connecticut was in a commanding 13-point lead. Westfield finished up the game on a tear, going on an unbelievable 12 point run, brining the score to 74-73 with just 18 seconds to go.

On the ensuing Western Connecticut possession, the Owls intentionally fouled Starks, sending him to the line for two shots. With the pressure on, Starks hit both of his shots, giving the Colonels a three-point lead.

This put the pressure on Westfield to put up a three pointer to tie the game. Up until this point, the Owls had been having a successful night from beyond the arc shooting 3-5.

Unfortunately, Western Connecticut forced a turnover, forcing Westfield to intentionally foul again and send Western Connecticut back to the free throw line.

Senior Ryan Belote hit one of his two free throw shots, which was all he had to do. No down by two full scores, Westfield senior Jesus Sanchez banked a 3-pointer, cutting the lead to one.

Unfortunately for the Owls, it wasn't enough of a push to get the win. Westfield falls to 3-6 on the year.

Junior guard, Jesus Sanchez, (Above) has been a bright spot for the Owls Men's Basketball team this season and has developed into a leader on and off the court. He is currently second on the team in points per game with 12.6 and leads the team in assists

Scores of Past Owls Athletics Events	Upcoming Owls Athletics Events
Thursday, December 3rd	*Thursday, December 10th*
W Basketball at Lasell W 91-80	W Basketbll vs UMass Boston 5:30 pm
M Basketball at WCSU L 76-77	M Basketball vs Springfield College 7:30 pm
M Ice Hockey vs Assumption W 4-0	*Saturday, December 12th*
Saturday, December 5th	W Swimming vs Plymouth State 1:00 pm
M/W Track at Springfield College 2nd/3rd Place	W Basketball at Smith College 2:00 pm
W Swimming vs UMass Dartmouth W 147-146	M Basketball at Wesleyan 3:00 pm
W Basketball vs Rivier W 113-71	M/W Track at Jen & Todd Hutton Invitational
M Ice Hockey at Plymouth State L 2-4	*Saturday, January 2nd*
Wednesday, December 9th	W Basketball vs St. Joseph 1:00 pm
M Ice Hoceky at Becker L 3-6	M Ice Hockey vs Johnson & Wales 4:00 pm
	M Basketball vs Regis College 5:30 pm

Owls Hockey Can't Complete Comeback Against Plymouth State

Andrew McGill
Voice Reporter

The Westfield men's hockey team found themselves down big on the road against a tough Plymouth State Panthers team on Saturday, but they refused to give up and showed some signs of life at the end of the third period. Unfortunately, it was not enough as they dropped the contest 4-2.

The Owls actually had the momentum in the first period. They managed 13 shots in the first frame, but they couldn't seem to get it past Plymouth goaltender Gordon Ceasar. The Panthers only managed to get six shots in the first, all turned away by Owls tender Jonathan LoParco.

The Panthers broke through twice in the second period, with goals from Erik Strom and Dan Dupell.

They continued to pour it on the Owls in the third, scoring goals five minutes and nine minutes in the final frame. This is when Westfield decided to join the party.

After giving up a the second goal of the period—the fourth of the game—Dalton Jay converted on the power play, putting the Owls on the board late and swinging the momentum in their favor.

Just four minutes later, freshman forward Mason Wade recorded his first goal in an Owls uniform, but it was too little too late as the Owls sputtered out, finishing with a final of 4-2.

Plymouth State increased its win streak to seven games and improved its overall record to 8-1 with the win. They remain undefeated in conference play at 6-0.

Earlier in the week the Owls were able to hold off Assumption College in an offensive battle thanks to the 36-save shutout effort from Jonathan LoParco and the two-goal performance from sophomore Roman Pfennings.

Pfennings scored the first goal for the Owls with a seeing-eye shot through a crowd of players. He also scored their fourth and final goal of the game, knocking home a rebound on the power play. Pfennings now has four goals on the season.

Assumption was able to get 36 shots on net but couldn't get any past. LoParco dropped to a lowly 2-5-2 overall record after the loss.

Senior captain Dalton Jay recorded goals in both games, bringing his team-leading total up to seven. Co-captain Kyllian Kirkwood recorded his team-leading tenth assist and continues to be the main cog on the Owls powerplay.

The Owls dropped to 4-2 in MASCAC play after the loss to Plymouth, which is tied for second in the conference along with Salem. Their overall record is still at a solid 7-2 on the season.

2015 College Football Playoff will be more exciting than 2014

Jack Corsi
Voice Reporter

Four teams, three games, two days, and one champion. The college football playoff will begin soon, and there are four teams vying for the crown of champion. Let's look at how they got there.

Sitting at number four is the Oklahoma Sooners. Baker Mayfield didn't quite make the Heisman finalist list, but I think he's OK with a final four berth. The Big 12 champs got away without playing a conference title game, so they had an additional day to rest up. They have to love that since they have a tough one ahead.

At number three are the Michigan State Spartans. A nine-minute drive that resulted in a touchdown won them the Big 10 crown over Iowa. Running the football is their bread and butter. But a healthy Connor Cook would help as well. A stout defense rounds this team off as they are looking at the SEC Champs.

Coming in at two is the SEC Champs, the Alabama Crimson Tide. This is the second straight playoff appearance for Coach Saban and the Tide. Derrick Henry and Jake Coker are unbelievable offensive weapons. Along with their second straight appearance, it's their second straight playoff game against a Big 10 opponent. They'll look to be better this time around after losing to Ohio State last season. They'll match up well with MSU.

At number one is coach Dabo with Clemson. The "BYOG" or "Bring Your Own Guts" factor was huge in the controversial win over UNC. The Tigers remained unbeaten and have a great quarterback in Deshaun Watson. Watson is a Heisman finalist and will look to have a day against Oklahoma. Clemson is a tough team with a lot of heart and they'll be a tough team to beat.

Before I go into the playoff picks, here are a couple of other interesting bowl games. Stanford and Iowa will play each other in the Rose Bowl: a battle of two teams with a superstar quarterback Kevin Hogan from Stanford and CJ Beathard from Iowa. Don't forget about Christian McCaffrey, the sophomore running back from Stanford. This game will arguably be the showstopper of the entire bowl season.

Notre Dame and Ohio State will meet in the Fiesta Bowl. It should be an interesting matchup, coaching and Quarterback wise. But the x-factor is the defensive star Joey Bosa, a kid who could go first overall in next year's draft. I really am torn at who could win this game, mainly because it's so unpredictable, especially when Urban Meyer and Brian Kelly meet.

I like Clemson over Oklahoma and Michigan State over Bama. I think the Clemson game will be high-scoring and fast-paced. MSU and Bama have a ground and pound style of game, with Sparty coming out in the end. The finale? I have to go with the unbeaten. If Cook is healthy it's an interesting matchup.

Connor Cook have had a difficult path to the 2015 College Football Playoff, but hope to come away victorious in the second tournament

David Price to Boston

A look at the new Red Sox Ace from two different perspectives

Tyler Mason
Voice Contributor

What is that?! It's a bird! It's a plane! Yup, it's a plane.

But that plane is bringing over someone who is about to become the richest pitcher in Major League baseball history.

On Tuesday, Dec. 1, the left-handed flamethrower David Price decided to sign with the Boston Red Sox for seven years worth $217 million.

Yes, you read that right.

He surpassed Clayton Kershaw for being the richest pitcher ever by two million dollars. A lot of fans think that President of Baseball Operations Dave Dombrowski went overboard on signing Price. But did he really?

Price was one of the best if not the best pitcher in the free agent market this year. People knew he was going to be expensive to play for any team, but the Sox weren't going to let him go. They wanted Price to know that he is worth the amount of money they offered him.

There were reports that the St. Louis Cardinals were on the hunt for Price, and he was actually going to choose them before Boston offered him the mega deal.

Do I think that Boston should make one more trade for a good number-two pitcher in the rotation? Yes. As of right now, we have a number-one and a bunch of number-threes and number-fours.

I like Eduardo Rodriguez being in our rotation with Price for the next few years. I would not be upset if they gave Rick Porcello or Clay Buchholtz, an outfielder, and a prospect or two away to a team that gives us a good quality pitcher to back up Price in return.

I know I am beating a dead horse right now, but what was Boston's biggest problem last year? Pitching. So why not get Craig Kimbrel, arguably the best closer, and one of the best starting pitchers in the game, David Price.

Price has been dominant in his career at Fenway Park. His 1.95 career earned run average there can speak for itself. He said before, however, that he doesn't like Boston's fan base. But who would like them if you were the away team?

Now that the fans will be with Price rather than against him, he will see how supportive they are and that they will feed off his energy on the mound. Price is now the ace of the staff that we can rely on for years to come—hopefully.

Price can opt out of his contract after his third year and leave Boston if he chooses, but hopefully he can lead the Sox to a championship and decide to stay in Boston.

That's another thing people are questioning: Price's playoff struggle. His career record, 2-7 with a 5.12 earned run average is Price's kryptonite so far in his career. But how about we worry about getting in the postseason first before thinking about Price's playoff woes.

He is dominant in the regular season and can carry a team to the playoffs; he proved that last year in Toronto and for most of his years in Tampa Bay. Besides, there was a pitcher who was known to be a choke artist back in 2001: Hall of Fame pitcher Randy Johnson.

Going into the 2001 National Championship Series where the Diamondbacks were going to play to the Atlanta Braves, Johnson had lost his last seven straight outings through the 1990s and those years' Divisional Series.

You want to know what happened next?

Johnson helped lead the D-Backs to the World Series going to 2-0 with a 1.13 earned run average in that series. Then, in the World Series he went 3-0 with an earned run average of 1.04, being named co-MVP with teammate Curt Schilling.

What I am getting at is that pitchers can change their destiny. That's what David Price has the opportunity to do in Boston: to show that he can pitch in October and bring another championship to Beantown.

So, to the Red Sox fans who thought we paid too much for the soon-to-be Opening Day starter, the price was expensive, but the Price was right.

Connor Swan
Voice Contributor

The Sox just got their ace. Sure, it cost seven years, $217 million of John Henry's hard-earned money, but it's better than another year of Clay at the top of this rotation. Make no mistake; it's a lot of money. It makes the Red Sox look like hypocrites yet again and it is one final insult to Jon Lester. But this deal is one the Sox had to make if they want to be anything close to relevant this season.

In Price, the Red Sox have that top of rotation stopper they so desperately needed last season. Splitting last season between the Tigers and Blue Jays, Price went 18-5 with a 2.45 era in 220 innings, and finished second in Cy Young voting.

His addition to any staff would be an upgrade, but to one boasting the second worst ERA in the American League this past year, the difference is monumental.

With that said there is still more to be done. Including the new ace, the team now employs eight potential starting pitchers with only five spots to go around. Of the eight, it's starting to seem more and more likely that some will have to move to the bullpen or be traded entirely.

As it stands, the most likely scenario seems to be that Clay Bucholz will be traded for prospects, with the rotation becoming Price, Porcello, Rodriguez, Owens, and Joe Kelly.

Nobody in their right mind would call this staff dominant by any stretch of the imagination, but the psychological benefit of adding a stopper cannot be stated enough. In the heyday of Jon Lester, the team was secure in knowing that no matter what how poorly the team performed, every fifth day Lester would give them a chance to right the ship.

Since ownership unceremoniously showed him the door, the Red Sox have not had that same presence, certainly not getting it from any of their five "number ones."

With the calming presence an ace can bring to a staff, it is not a stretch to assume that Porcello will bounce back from the worst season of his career, to be at least adequate while E-Rod and Owens continue to develop into true big league pitchers.

Aside from horrendous pitching, what doomed the Red Sox last season was a lack of consistency. I can think of at least six different points last season where the team would start to heat up and win several big games in a row only for Rick Porcello to trot out the next day and get buried by the end of the first.

In baseball, offense wins games, but pitching creates streaks. No matter how much your offense is raking, pitching will always be the key to sustained success.

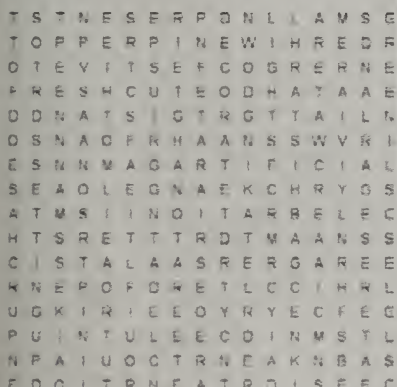
There will be those saying this contract is too long for too much and will ultimately be an albatross around the Red Sox's neck. That may be true, but if Price brings another ring to Boston, no one will care what years five through seven look like. Just ask Yankee fans about CC Sabathia.

The Sox still have to do a lot of work to bring another championship to Boston, but paying the cost of Price is a massive step in the right direction. He, and the established Boston tradition will create success.

Games & Leisure

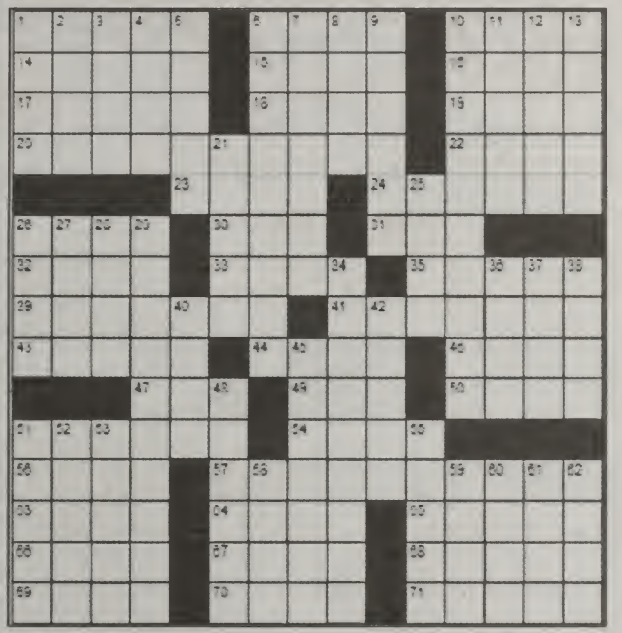
3				1			2	
			7					
5		8		2	4		7	
2				9	5	8		
		6				5		
		5	4	6				2
	9		1	4		2		6
					9			
	4			7				9

Christmas Tree



ANGEL
ARTIFICIAL
BRANCHES
CANDY CANES
CELEBRATION
DECEMBER
DECORATE
DECORATIONS
FESTIVE
FRESH CUT
GARLAND
GIFTS
GREEN
LARGE
LIGHTS
NEEDLES
ORNAMENTS
PINE
PRESENTS
PURCHASE
REAL
SCENT
SETTING UP
SKIRT
SMALL
SPRUCE
STAND
STAR
TAKING DOWN
TINSEL
TOPPER
TRADITION
TREE FARM
TREE LOT
TRUNK
WATER
YEARLY

Maze



ACROSS

1. Marsh
6. Impetuous
10. Distinctive flair
14. Prison-related
15. Sea eagle
16. Unwakable state
17. Previously
18. Blend
19. Burden
20. Found on cave ceilings
22. Where a bird lives
23. Sailors
24. A level in a building
26. The bulk
30. Small portable bed
31. Sweet potato
32. Wings
33. Throw
35. Light purple
39. Repossess
41. Transverse flute
43. Keepsake
44. Views
46. Not legs
47. Big wine holder
49. Completely
50. In order to prevent
51. Marriageable
54. Regretted
56. Makes a mistake
57. A type of semiconductor
63. 13 in Roman numerals
64. Torture device
65. Trim
66. Annul
67. Dull pain
68. Essential parts
69. Observed
70. Not the original color
71. Athletics

DOWN

1. Resorts
2. The yarn woven across
3. Dwarf buffalo
4. A crumbling earthy deposit
5. Skirt fold
6. Lavatories
7. Creative persons
8. Hissy fit
9. Unorthodox tenets
10. Frugal
11. Hermit
12. Entertain
13. Spiteful
21. Desert plants
25. After-bath powder
26. Shopping place
27. Margarine
28. Big bag
29. Video entertainment
34. Explored a cave
36. Old stories
37. Charity
38. Outlay
40. A Freudian stage
42. Small islands
45. Otalgia
48. Foursome
51. Connection
52. Pee
53. _____ and groom
55. Platters
58. Risqué
59. Store
60. Tropical tuber
61. Not under
62. A musical pause

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THIS WEEK'S EVENTS

Date	Time	Event Name	Location
12/3	9:30p	Pancakes with Presidents! FREE pancakes and bacon!	Dining Commons
12/04	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
12/04	7:30p	Winter Gala Music Performances	Dever Stage
12/05	8:30a	Breakfast with Santa! Second session 10:30a	Scanlon Bncf Hall
12/06		College Student Appreciation Day at the Wrentham Outlets	Wrentham, MA
12/6	11a	Mass	Interfaith Center
12/6	11a	Celebration of Life Andy Johnson's Memorial	Owl's Nest
12/6	3:30p	Springfield's Greek Cathedral Annual Benefit Christmas Concert	Springfield, MA
12/7	5p	Leadership & Life Skills Compass Track: Stress and Your Health	Ely 003
12/8	10a-2p	Holiday Fair! Get your shopping done early!	Ely Lower Level
12/8	4—6p	Career Chats	Lammers Hall
12/8	7:30p	Shamanic Journeying Group	Ely Fitness Center
12/9	3:30p	Academic Poster Symposium	Wilson Hall 2nd Floor
12/9	4p	Financing Graduate School	Ely 220
12/9	4p	Interfaith Council Meeting	Interfaith Center
12/9	7p	Gingerbread House Contest	Owl's Nest
12/10	7:30a	Commuter Student Breakfast 7:30a to 9:30a	Tekoa Room, DC
12/10	10:30a	FREE HIV STI Testing on Campus 10:30 AM to 4:30 PM	Scanlon Bncf Hall
12/11	7:30p	AcaOwlebles!	Dever Stage
12/11		Last Day of Classes! Finals Week. Dec 14 — 17!	

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email studentactivities@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
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Public Safety - 5262 ***IT (Wilson) - 5528***

The Westfield Voice

FRIDAY, FEBRUARY 5, 2016

westfieldvoice.com
@westfieldvoice

Senator Warren addresses campus about student debt

PHOTO BY GINA MULLER

United States Senator Elizabeth Warren addresses Student Government, faculty and students regarding student loans and acumulating debt. Students presented their personal experiences concerning debt.

Gina Muller
Layout and Design Editor

On Monday, Feb. 1, United States Senator Elizabeth Warren D-MA came to the Westfield State University campus and spoke to students about student debt.

The event took place in the Peter D. Mazza Student Government Room in the Ely Campus Center.

Warren is one of the leading figures in the Democratic Party and is currently working on the #InTheRed campaign. This is the first time in 20 years that a United States senator came and addressed the Westfield State campus.

It was a packed event that caused both faculty and administrators to watch from an adjoining conference room. Many classes took advantage of the opportunity to hear Senator Warren speak and attended the event.

Ramon Torrecilha, the newly appointed president of the University, opened the event by addressing students and introducing Senator Warren.

"Your stories will help shed light to a very important topic," said Torrecilha. The floor was then opened to students who shared their stories of hardship and their burden with student loans. According to Senator Warren, 70 percent of students have to borrow money in order to afford higher educa-

see **MULLER** *on page 3*

In this week's issue

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Club of the Month
Voice Vault

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Liberal Arts Colleges

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Gails Guidance

Sports pages 12-14
Men's Hockey
David Price
College Football

The objective student press of Westfield State University

VOLUME VII, ISSUE XII

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, FEBRUARY 5, 2015

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
Emerson has entered a lease at a new location in preparation for the renovation of the Little Building, and will be used as office space in the 20 Park Plaza.

The New Hampshire Beta,
U. OF NEW HAMPSHIRE
Several residents of Durham observe the Madbury Commons construction site dumping sedimentation into Pettee Brook in town. The brook became polluted and merk, passers by noticed a green hose planted in the water.

The Daily Collegian
U. OF MASS AMHERST
Members of the unofficial student group, *UMass for Bernie* began knocking on dorm rooms across the campus. They called this activity "dorm-storming,"during which they encouraged students to registar to vote.

The Washington Square News,
NEW YORK UNIVERSITY
On Wednesday NYU sent a letter to the Common App asking the organization to weigh the value of perspective students' past diciplinary and criminal history. The motion began after numerous students demanded that the checkbox regarding diciplinary history be removed.

Club of the Month: Biology Club!

Editorial Staff

Evelyn Dina, President of the Student Government Association, recently announced that the Biology Club was the SGA's Club of the Month for February.

Citing the club's activities and tremendous success when it comes to planning events both on and off campus, Dina told the Senate that the club was more than deserving of the recognition.

As noted in their constitution, the club's function is "to foster and promote understanding of important biological issues" amongst the campus community.

The Biology Club meets every Wednesday at 5:15 p.m. in Wilson Hall, Room 221 to discuss and conduct club business.

This past meeting, the club was planning out semester-long projects and activities that they wished to do. The club is planning a trip to places like the Natural History Museum in New York City and nature trails around the local area.

One of the main topics of interest for the club is volunteer work, which is in keeping with the club's desire to increase knowledge surrounding biological concerns.

Kristen Fuller, an Executive Council member, made it clear that "[the club] will be starting to do community service this semester," which will come in many forms and events. This includes a possible tree-planting event for the campus as well as a mock experiment at the children's museum.

The club told The Voice that, "we're [the club] planning on going to the Children's Museum at Amelia park...we will do some science experiments for little kids." Their goal is to get people more involved in science no matter what their age.

The Biology Club is also taking an active role in Earth Day and Earth Week by talking to younger grades about recycling and how it benefits the planet and themselves.

Their faculty advisor, Robin White, has nothing but praise and compliments for this group of active students, saying, "I feel so fortunate to be the faculty advisor for Biology Club! They are an outstanding group of students who are doing great things on campus."

If you are interested in joining the Biology club contact Robin White at rwhite@westfield.ma.edu or show up their meetings at 5:15 p.m. on Wednesdays in Wilson 221.

The Student Government Association provides every any Club of the Month with free pizza at one of their scheduled meetings.

PHOTO BY GINA MULLER

From **MULLER** *page 1*

tion. She stated that they end up paying 300 percent more than her generation ever had to pay. She estimates that there is $1.3 trillion of student debt, much of which will be very difficult to pay off.

Warren is working on bringing down the cost of higher education and specifically trying to reduce interest rates.

She introduced a bill "in the first 25 minutes" of being a United States Senator for students to pay almost the same rates as banks for their loans. The amount would be around 3.9 percent.

Justin Connolly, student representative to the board of trustees, asked the senator about her involvement in the #InTheRed campaign. Warren talked about the problems she is facing in Washington D.C in regards to the #InTheRed campaign and the opposition she is receiving.

"This is about choices," she said, "this is a problem we can fix."

She stated calmly that the United States government is making a profit off of the loans taken out by students, and this is a problem that must be solved.

"We need to get active on this issue. We can make this change," said Warren.

After the applause subsided, Justin Connolly and Evelyn Dina, Student Government Association president, presented senator Warren with Westfield State memorabilia that she can wear proudly in Washington.

THE PRESIDENT'S SURVEY OF UNIVERSITY STAKEHOLDERS 2016

February 1, 2016

To the campus community,

What are the institution's most distinctive characteristics? What do you admire most about the campus? What are the most critical issues or challenges facing Westfield State University? What suggestions or advice do you have for me as the new president?

I am asking the Westfield State community to weigh in on these questions and more by responding to the "Westfield State University President's Survey of University Stakeholders 2016", which can be found on the myWestfield home page under Announcements.

The survey is an envisioning exercise intended to provide a real-time assessment on the state of the campus. Understanding the beliefs, attitudes, perceptions, and experiences of Westfield State University students, faculty, and staff is vital to how the university functions. We need to hear from you – our campus community – in order to address conditions and improve outcomes.

Respondents have through March 1 to answer the 5-question confidential survey, which should take no more than 15-20 minutes to complete. The results will be shared with the campus as part of a President's 100-Day Report, which will include plans for conducting a second wave of the survey at a future date.

A list of frequently asked questions can also be found on the myWestfield home page under Announcements.

We thank everyone in advance for your time and participation.

Sincerely,

Dr. Ramon S. Torrecilha
President

Do you like to write?
Do you like to edit?
Are you human?

If the answer was yes to any of those questions, you should write/edit for us!

We are looking for a Op-Ed editor and columnists. If you are interested, contact thevoice@westfield.ma.edu!

CAREER CENTER, ALUMNI RELATIONS, AND ACADEMIC AFFAIRS

Presents

Criminal Justice and Political Science

Professional Networking Night

THURSDAY, FEBRUARY 18, 2016
SCANLON BANQUET HALL
5:30 - 7:30 PM.

Westfield
STATE UNIVERSITY

Westfield State professor's exhibit sparks racial, cultural dialogue

From Press Release

The Westfield State Arno Maris Art Gallery will host a reception for artist Imo Imeh, assistant professor of art, to commemorate his exhibit "The Ten Little Nigger Girls" on Thursday, February 4 from 4:30 to 6:30 p.m.

The event is part of Westfield State University's Black Her/History Month calendar. Since 1974, Westfield State has held special events during the month of February dedicated to informing students, faculty, and staff as well as the community about the importance of black history, culture, and traditions.

Black History Month is organized by a committee of faculty, staff, students, and sponsored by the Westfield State University Department of Diversity/Inclusion & Student Activities (DISA).

Imo Nse Imeh is a Nigerian-American visual artist and scholar of African Diaspora visual culture and aesthetics.

He is the author of "Daughters of Seclusion: the Revelation of the Ibibio 'Fattened Bride' as the Icon of Beauty and Power." Recently, his large-scale drawing "Flying Home with Laura Nelson" was featured in Transition Magazine.

He is the featured visual artist for the 2015 publication "Eight New-Generation African Poets: A Chapbook Box Set." Imeh is one of this year's recipients of the Westfield State University Scholarship of Teaching and Learning Grant. It is through this grant that his project "Ten Little Nigger Girls" has been made possible.

Imeh earned his B.A. in art history from Columbia University and his M.A. and Ph.D. in art history from Yale University.

The exhibit is based on a children's book of the same name published in 1907. The infamous book features a cohort of ten black girls who are eliminated from the story one-by-one, often in graphic ways.

"The book is an illustration of a mainstream culture that has grown so accustomed to objectifying and dehumanizing black people, that even black children live without any social sanctuary from the most horrific and destructive attacks, simply because of their race," Imeh said.

In his project overview, Imeh describes how his exhibit portrays black history.

"My drawings navigate between historical situations in the space of visual politics in which black children became the unwitting targets of imagined dangers and physical violence, and the persistence of such imaginings in today's visual-political spaces," Imeh said.

"This project is being developed in the spirit of honest education and conversation, to examine the language, history, and realities of race in America, and the misfortune of how we collectively decide to the degree to which we should place value on the lives of black children."

Imeh said the title of his exhibit, while shocking, is culturally relevant.

"The sentiments behind the racial slur still persist today, in more widespread ways than we collectively choose to acknowledge," Imeh said.

For this exhibit, Imeh said he challenged himself to stick to black and white mediums including graphite, charcoal, and India ink.

"For me, the horrors of what the girls are experiencing in each depicted moment are better brought to life by the suggestions of the limited color palette, rather than any degree of naturalism that full color could offer," Imeh said.

Imeh said his artwork generally addresses African Diaspora themes, which he hopes spark important conversations about race.

"I hope my work provides a safe space for people to take in this information and have honest and much needed discussions about young black people and the continued struggle for social equality in our country, which in many ways, and contrary to public opinion, has yet to be achieved," Imeh said.

In addition to the reception, Imeh will hold gallery talks on Tuesday, February 9 at 11.15 a.m., 12:45 p.m., and 2:15 p.m. at the Black Box Theater located on the second floor of the Ely Campus Center.

Imeh's exhibit will remain on display until February 27. The Arno Maris Art Gallery is located on the second floor of the Ely Campus Center.

Regular gallery hours are Tuesday/Thursday, 11 a.m.- 5 p.m., Wednesday/Friday, 11 a.m. - 2 p.m., and Saturday, 11 a.m.- 3 p.m. For more information, visit http://www.westfield.ma.edu/offices/art-galleries or www.imoimeh.com.

from the voice vault

Dorms Near Completion --- Excuses Rendered

*This article was published in the **November 16, 1966** issue of* Westek.

The new women's dormitory will be opened December 1, 1966, according to Timothy O'Neil, Clerk of Works for the dormitory project. Mr. O'Niel cautioned that the deadline will be met only if all work continues at the present rate.

Mr. O'Neil stated that the principle reason for the delay in construction was "the lack of qualified mechanics and a number of unavoidable delays in delivery of materials."

Norman W. Grise, Administrative Assistant to President Leonard J. Savignano pointed out, "One of the reasons for the delay in construction was tradesmen's refusal to work overtime and Saturday."

However Mr. ONeil states, "The H.J. Madore Co., Inc. refused to pay the workers overtime."

"Another reason is that the contract penalty which is $50 each day the dormitories are not finished, is less expensive that the cost of overtime for all workers," stated Mr. Grise.

Once the new dormitory is occupied, only a small amount of work will remain, confined primarily to the first floor.

"The contract for the men's dormitory contains no provisions for permanent heating facilities," stated Mr. O'Neil.

"Theonly requirement is that the company lay steam lines to the power plant. The project has been surveyed twice, but the contract has not yet been let out."

"Meanwhile, a temporary boiler has been installed outside the dormitory. The cost of the boiler is $24,600 until December 15. After this date it will cost $2,600 a week."

"The Commonwealth is paying for the rental for the boiler from 'emergency funds' added to Westfield's Budget," said Mr. O'Neil. This was confirmed by Mr. Grise, who also pointed out that these funds are provided through the Massachusetts Dormitory Authority, to be administered on the local level by the college.

The present capacities of the power plant are not enough to handle the heating situation. Therefore, no steam lines will be laid until the power plant is enlarged. The earliest possible date for such an enlargement would be next spring, according to Mr. Grise.

The temporary boiler, therefore, will remain in use the entire winter at an estimated cost of $61,000.

In regard to sidewalks, Mr. O'Niel hopes to have them completed by December 15, Mr. Grise stated that a tentative arrangement has been reached with the construction company to blacktop the entire area to the existing parking lot.

WSU provides aid for Westfield citizens during blackout

*This letter was published in the **November 11, 2011** issue of* The Westfield Voice.

Samantha Fahey
Alex Myers
Editors-in-Chief

On October 29, after approximately nine hours of snowfall, Westfield State Public Safety's Chief of Police Michael Nockunas received a phone call at 11p.m. at his Worcester home, informing him that the campus had lost power.

At exactly 8:06 p.m. lights, televisions and heaters shut off, causing a wintry cold blackout across campus.

Nockunas had to drive through the "obstacle course" of fallen trees and snow banks. What normally would have taken him an hour became a four-hour commute, and he arrived on campus at three in the morning.

For the next two hours, Nokunas and his staff did damage control, and at 5 a.m. Westfield Chief of Police John Camerota phoned WSU for assistance. The designated shelters downtown had no power, much like the rest of Western Massachusetts, and Camerota needed Westfield State's facilities.

Complying with his request Nockunas enlisted the help of Curt Robie, Vice President of Facilities and Operations on campus. Together they and their collective staffs opened Juniper Park and Scanlon Banquet Hall, both of which were fully operational due to their backup generators and served as "shelters for anyone that needed it," Nockunas said.

Within two to three hours there were 100 sick, elderly and homeless citizens finding safety in Juniper Park and its comforting, attentive staff.

"There were so many people," Nockunas said. "You had to see it to believe it."

By midmorning, Juniper Park was filled to maximum capacity, and the school decided to open Scanlon Banquet Hall, dividing it into three sections: families, general population, and WSU employees, staff members and students who needed to "crash, get their second wind, and come back" to work, Nockunas said.

The sick and elderly who required more staff attention remained in Juniper Park, where they had nurses, doctors and WSU EMS staff on stand-by.

"The students were spectacular," Nockunas said. "The student security and EMS stepped up big-time."

These students volunteered their time to help assist, welcome and check people in, while also helping with maintenance issues.

But the students weren't the only ones assisting during the power outage. The Massachusetts Emergency Management Agency (MEMA) contributed cots and pillows, the Red Cross provided basic essentials such as toothpaste and shampoo, WalMart donated $1,000 with which needed undergarments were purchased, and Noble Hospital supplied a hundred towels and laundry services to go with them.

There were shuttles every morning at 9 a.m. carrying anyone who wanted a shower down the street to the Woodward Center.

"It was quite an operation," Nockunas said.

The Dining Commons provided one of the biggest contributions. Sodexo staff was there preparing three meals a day, every day, and even packaged to-go meals for those in Juniper Park who were unable to leave.

According to Nockunas, it was a well-staffed and well-supervised system.

By the third day, Nockunas said, the children were going crazy due to lack of video games, toys, and television. An "owl's nest" was set up in the Tekoa Room, stocked with children's books, toys, and a TV that was tuned to Barney.

The room was "packed" and education students volunteered to play with the kids from 9 a.m. to 9 p.m., providing parental relief. According to Nockunas, the owl's nest turned out to be a "big hit," for the kids, while the DC was a "big party" for students, parents, and the rest of the community.

Saturday, November 5, the facilities used were cleaned and ready to go by Monday morning, November 7, for the restart of classes after a week off.

Over a span of five days, the two WSU buildings housed over 400 people, from mothers with children to the elderly and everything in between.

WSU President Evan Dobelle stated, "It was an extraordinary effort by all the WSU Community to be a good neighbor and no one is prouder of their efforts then I am."

opinions & editorials

FRIDAY, FEBRUARY 5, 2016

Plans: Liberal Arts Colleges Expand Academic Horizons

Nathan Goddard
Voice Reporter

Why do young adults go to college? The answer that most people might give is to earn a degree in a field that interests them—one that will help them to achieve their dream job; however, there is a shared sentiment across college campuses around the United States that is becoming more and more clear.

Why do students have to take classes that are not necessarily directly connected to their major?

Why are colleges forcing their students to take classes that they have no interest in?

These are fair questions. Colleges and universities have core classes that everyone has to take, such as history, mathematics, English, and science; however, the point of a liberal arts college is to expose the students to as many subjects as possible in the hopes of molding a well-rounded educational experience. Individuals that desire to become nurses, business managers, biologists, programmers, and the like may ask why they are being forced to take classes in the humanities, which have seemingly nothing to do with their major.

Technical institutes, universities of science/technology, and medical schools are often very expensive to attend, much more than the average liberal arts college; therefore, those who do not have the means to go to medical school or a technical school will search for a liberal arts college that offers programs in their field.

Westfield State University offers degrees in computer science, criminal justice, biology, and a growing nursing program; however, along with taking classes pertaining to these majors, students will be expected to take classes in other subjects areas. This raises an important question: is the role of schools and universities to give you a well-rounded education or simply prepare you for the job that you desire to pursue?

The idea that a well-rounded education is useless in the job market is untrue.

The idea that it is useless to better your intelligence in an area that is not directly applicable to your immediate career plans is untrue.

The concept of learning simply for the sake of learning is often looked down upon and seen as irresponsible.

I believe I understand why this is the case: there is a lot more at stake for college students than ever before and there is very little room for error. Due to the continuing rise in tuition and fees, without rise in federal grants, it has become much more expensive to get a college education. Everyone is racing to get their degree and to find a job.

I have met many individuals that have a set goal in regards to their college education and have not considered any other route. Though I admire their determination, I believe some people have this mindset because they do not know what else they would do.

The beautiful thing about a liberal arts college is that it opens up so many different avenues of learning; however, many students are afraid of making the wrong decision and going down the wrong path since it might lead to them graduating with a less-marketable degree. As a result, they give themselves very little flexibility in their choices of classes and they do not keep their options open.

For example, when I came to Westfield State as a freshman, I wanted to be a high school history teacher. My sister is a teacher; many of my cousins and aunts are teachers or former teachers; and I felt that I had the desire and passion to do it; however, I never considered any other options. Becoming a teacher seemed like a safe job, but I had not considered the pros and cons of the career.

When I was a sophomore, a professor that was very important to me asked me how much I wanted to be a teacher on a scale of 0-10. I said six. He shook his head and said, "Don't bother unless you are 11/10." Going down that route and becoming a teacher would have been binding and expensive. It would have taken quite a few choices away from me. Now, I do not have a concentration, but I am looking at the plethora of options before me.

That is what liberal arts colleges do. That is what they are built for: to provide as many options as possible. I am not saying that it is bad to want to be a biologist and dislike English classes; however, being forced to take classes outside of your major forces you out of your comfort zone, which is very much what the world will do.

It is also important to address your weaknesses. For example, I am a history major who cannot stand mathematics and science, but I understand their importance and how the fields of study relate to each other. In my opinion, a liberal arts college is a web.

It is a web from which every intersecting point is a subject and each of these subjects are connected and related to each other in various ways. I believe understanding these connections is more important than taking any major related course, and I believe that is what these universities are trying to accomplish.

Application and Abstract Writing Workshop
to help you prepare for the
2016 Massachusetts Statewide Undergraduate Research Conference
(the undergraduate conference for the Massachusetts Public System of Higher Education)
Friday, April 22, 2016, from 8 am to 5 pm at UMass Amherst

Bring a paper or project you've completed that you're interested in presenting

Abstract Writing Workshop
Thursday, February 11th, 7:00 - 8:00pm
Bates 03

Deadline for submission of Abstracts:
Friday, February 19th

For more information contact:
Dr. Brewster at honors@westfield.ma.edu or
Dr. Diana at vdiana@westfield.ma.edu

- Over 75 Westfield State students presented at the conference last year. Topics included research done for core courses, community service learning, study abroad, independent studies, thesis and capstone research, and creative work.
- This conference is open to all Westfield State students from any year or discipline.
- Students may present individually or in small groups and may give poster or oral presentations.

from the editors' desks

The Westfield Voice: a ship without a Captain

As we come into the new year and the start off the spring semester, a lot is changing in room 305 in Ely.

Over the break, the editorial staff's dynamic shifted as Andrew Burke stepped down from his position as editor-in-chief.

The Voice would like to thank Andrew for his dedication, his leadership, and his sense of humor week after week. We wish him all the best in the future.

Moving forward, Matthew Carlin, former managing editor, has become interim editor-in-chief until ranks are filled and a full editorial board can be formed to elect a new editor-in-chief.

In addition, former copy editor Monique Desnoyers has assumed the role as editor of the A&E section while former A&E editor Caroline Chizek has shifted to copy editor.

Also, The Voice would like to congratulate former Op-Ed editor Race Rugh on graduating in December. We wish him luck in his endeavors as he works toward his master's degree at San Francisco State University.

Since his position is now vacant, we are looking for a student to fill this role.

Constitutionally, The Voice's editorial board consists of the following: editor-in-chief, managing editor, assistant managing editor, online managing editor, layout and design editor, opinions and editorials editor, and a representative for editors.

Currently, the positions for assistant managing editor and Op-Ed editor are open. According to our constitution, the editorial board needs to have at least four members excluding the editor-in-chief in order to vote on a matter; therefore, either an assistant managing editor or an Op-Ed editor or both must be appointed to the editorial staff in order for the editorial board to have a full meeting.

This semester, The Voice is looking to expand and strengthen the online edition. If you haven't noticed, myWestfield now features a link directly to the online edition of the newspaper, so we are in the spotlight now more than ever.

This is an opportunity for this publication to move forward and expand our readership.

It is a new beginning for The Voice. It is a chance to rebrand and rebuild, to increase our credibility, and to be taken seriously.

It is a chance for us to make your voice heard.

In closing, we cannot stress enough how important our writers are to us. Without you, we are nothing.

If you have any interest in writing, editing, or becoming involved with The Westfield Voice, please email us at thevoice@westfield.ma.edu or visit our office in room 305 in the Ely Campus Center during our regular office hours (6 p.m-12:00 a.m.).

Nick Sarnelli is a senior English major and Head Copy Editor at The Westfield Voice

The Westfield Voice

The objective student press of Westfield State University

***Matthew Carlin**, Interim Editor-in-Chief*

***Gina Muller**, Layout and Design Editor*
(Chair of the Editorial Board)
***Zachary Va**, Online Managing Editor*

***Nick Sarnelli**, Head Copy Editor*
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***Justin Connolly**, Advertising Manager*

***Prof. Glen Brewster**, Faculty Advisor*
***Prof. George Layng**, Faculty Advisor*

General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

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SCANLON BANQUET HALL
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Westfield
STATE UNIVERSITY

arts & entertainment

FRIDAY, FEBRUARY 5, 2016 MONIQUE DESNOYERS, EDITOR

quick hits

as of Feb 1, 2016

Top 10 Singles

1. Love Yourself - Justin Bieber
2. Sorry - Justin Bieber
3. Stressed Out- twenty one pilots
4. Hello- Adele
5. My House - Flo Rida
6. Roses - The Chainsmokers Featuring ROZES
7. Hands To Myself- Selena Gomez
8. Same Old Love - Selena Gomez
9. Work - Rihanna Featuring Drake
10. Here - Alessia Cara

Top 5 Albums

1. 25 - Adele
2. Purpose - Justin Bieber
3. Dystopia - Megadeth
4. Blurryface- twenty one pilots
5. Death of A Bachelor - Panic! At The Disco

Top 5 Movies

1. Kung Fu Panda 3
2. The Revenant
3. Star Wars: The Force Awakens
4. The Finest Hours
5. Ride Along 2

Upcoming DVDs

1. Spectre
2. Black Mass
3. Steve Jobs

Musical giant David Bowie was more than just a musician

Joshua Clark
Editor Emeritus

Something happened while we were all on semester break. Well, you were on break; I've graduated. In any event, something happened that changed the face of music for those who care not to listen to autotuned garbage with grunting and obnoxious bass that drowns out any salvageable notes.

Don McLean wrote that the day that Buddy Holly passed was the day that music died, but in my opinion, that was an exaggeration. Music was alive and well (until the advent on autotune, see above) but January 10, 2016 is a day when music had taken a near-fatal hit.

Music will never die; the good stuff will get older and lend itself more to appreciation by the next generation of hipsters "discovering" Nirvana or Pearl Jam for the first time.

That's why when David Bowie passed away on Jan. 10 at the age of 69, I called it on Twitter "a day that music dies a little."

Popular music is on life support, in my view. Justin Bieber and Adele might top the charts right now, but the sound of the Top 40 stations is like nails on a chalkboard for me. There is nothing pleasing about autotune, over-the-top bass, and rapping about "the [girl] you copped up about a week ago."

David Bowie was a musical savant. It was not enough that he failed to fit into a proper genre; it was that he had a range that fit many of them. His music is played on classic rock stations today, but it belongs on its own station. All David Bowie, all the time.

He is not my favorite artist, and I do not listen to his music all too frequently. But when I do, I have a deep appreciation for the groundbreaking music that this human being produced.

It was not just the music that he produced that was groundbreaking; he was groundbreaking as well.

As a person, he bucked societal pressures of sexuality and conformity.

He was a male who wore makeup who identified as gay in 1972, a period when this was somewhat of a shock to an American audience. Later identifying as bisexual and then referring to himself as a "closet heterosexual," Bowie was not afraid to be himself in the face of a public that would rather him not be.

His sexuality and its ambiguity was what made Bowie so influential. He was a pioneer of glam rock, a genre that sprung out of the loosening of sexual opinions in Europe. He also crossed into punk, new wave, and traditional rock. Musicologist James Perone said he "brought sophistication to rock music."

2014 brought us the loss of Robin Williams, 2015 brought us the loss of Stuart Scott, and this year proves to bring us the loss of another cultural giant whose music defined what music should be—individually crafted to the preferences of the artist; if someone likes it, great. If not, screw 'em.

Horoscopes

May the stars be ever in your favor...

Aries
(March 21 - April 20): All Aries's nervous systems will shut down this week. Stayed quarantined in your dorm room until further notice.

Taurus
(April 21 – May 21): You will be taking an unexpected trip this week. Avoid black ice at all costs.

Gemini
(May 22 – June 21): You will be offered a substantial promotion. Don't take it; you're not up to the task.

Cancer
(June 23 – July 22): It's time to pick between your love life and pursuing your juggling career.

Leo
(July 23 – August 23): The position of Jupiter suggests an amazing opportunity is coming your way. However, Jupiter is a notorious liar.

Virgo
(August 24 – September 22): Try not to get excited about that boy in your pottery class. He's a Taurus.

Libra
(September 23 – October 22): It's time to find some new friends. Your current ones only like you for your expansive Pokémon card collection.

Scorpio
(October 23 – November 21): You'll be facing a big decision this week. The stars suggest you ignore it; Scorpio's are terrible when it comes to making the right decision

Sagittarius
(November 22 – December 21): Stay away from all Cancers who have declared you their arch nemesis.

Capricorn
(December 22 – January 19): Stay away from all Cancers who have tried to violently attack you in the past.

Aquarius
(January 20 – February 18): A surprise guest will show up at your door this week. Keep your door locked—they will be Taurus.

Pisces
(February 19 – March 20): The stars report nothing in regards to you, Pieces. They are simply uninterested in your dull life.

gail's guidance

Dear Gail,

I really don't have enough time to get a job on campus, but my bank account is running dangerously low. What should I do?

Regards,
Bank-of-America-Hates-Me

Dear Bank-of-America-Hates-Me,

As a strong, financially stable woman, I'm sorry to report that I can not relate to this dilemma. How long has it been since you stopped by grandma or Auntie Judith's house? I hear that relatives are very munificent with their money when they are feeling particularly fond of their grandchildren.

If you're looking to save the money that you already have, might I suggest going on a strictly DC diet? Your stomach and colon may hate you, but your bank account will love you.

Additionally, I hear that extreme couponing is an exhilarating hobby. If you need some tips from successful couponers, all you have to do is turn on TLC!

Happy clipping!

Regards,
Ya Girl Gail

owls athletics

FRIDAY, FEBRUARY 5, 2016 MICHAEL BARRY, EDITOR

Owls still hopeful after loss to Williams College

Andrew McIntosh
Voice Reporter

On Monday, Feb. 1, the Westfield women's basketball team had a tough loss to Williams College by a score of 69-89. Headed by Coach Bertini, the Owls are now 13-7 on the year with a 6-1 record in conference play.

Williams has a strong program whose academic reputation allows them to recruit across the country. The Owls started the game out strong, ending the first quarter of play leading 2014. Unfortunately, they would not end any other quarter with the lead.

There were some positives to take away from the game although it ended in a loss for the Owls: in particular, their continued ability to create turnovers and turn them into points.

The Owls stole the ball 24 times to Williams's nine and created 38 points off of turnovers. This has been one of the team's strengths the entire year and will hopefully help them as the season winds down into tournament play.

Another positive was that the Owls also had the advantage in the shot total. Attempting 81 shots to Williams's 70, the Owls are creating opportunities to score.

When you have a team that can create more offensive possessions and deny the other team to set up an offensive scheme, that is when you can create problems. The ball simply did not bounce the Owls way this time.

The Owls did not have too much success shooting from three, converting only 2/18 attempts. This is unusual for the team considering they are about .301 while opponents are only averaging about .270 from the three-point arc.

Freshman Ece Eldek goes up against junior Williams defender Devon Caveney. Eldek scored 10 points overall in the match against Williams College at the Woodward Center on Monday night.

Jill Valley, a junior from Orange, Mass., had the Owls only two conversions from three against Williams. She also converted on 10/18 attempts from the field, along with managing five steals to lead the team. She averages 16.1 points per game and will be a critical part of the Owls success going forward.

With this game behind them, the Owls will hope to continue the success they have had this season and get a win at MCLA on Feb. 3. The next home game for the Owls will be against Framingham State, who they beat earlier on the road this year 86-77.

With only five games left in the regular season, the Owls hope to end the season strong, advancing into tournament play.

Are you interested in sportswriting?
Do you want to get involved?
Get in touch with our sports editor,
and join The Westfield Voice!

Men's Basketball looking to end the season with a bang

Tim Laroche
Voice Reporter

With six games left in the regular season, our Westfield men's basketball team is 8-11 and looking to finish the season with a bang. Recently, they have been competitive in every game. In their past three games, they have posted a record of 1-2, including a home victory against Bridgewater State and a one-point loss to Worcester State.

Against Worcester State at home this past week, the Owls were leading 88-86 with an almost sure win in hand. With three seconds left and only enough time to inbound the ball from under their basket, Worcester State got the ball into the hands of guard Bilal Shakir who was able to spin past half court and launch a three for the win. When the buzzer sounded, the Owls were sunk, and Worcester State celebrated. This was easily the closest game of the season thus far for the Owls.

Coming up, Westfield visits Massachusetts College of Liberal Arts on Wednesday. Earlier in the season, the Owls beat them handily by a score of 87-66. After that they face off at home against Framingham State, who they ran over 69-45 earlier in the year.

The team's last two games are divisional matchups versus Bridgewater State and Worcester State. Bridgewater was beaten 78-70 earlier in the year, so that would be a game to look forward to. Obviously the potential final game of the season at Worcester State will be one you do not want to miss, seeing how the two teams' first matchup went.

To break .500, Westfield only needs to win three of their last six games. Seeing how they already beat two of these teams, and how close their games were against two others, I would expect the Owls to at least crack .500. In the division, Westfield is currently in fifth place; however, they stand only two games out of second place. They may not control their own fate at the end of the regular season, but if they win at least three more games, they will be in good shape come tournament time.

Owls Men Ice Hockey face an uphill battle in the final few games

Jack Corsi
Voice Reporter

Six pivotal in-conference games remain for our Owls men's ice hockey team that could really help them maneuver for a better position in the standings. As we stand right now, the Owls sit in third place in the conference behind Salem State and the conference leader Plymouth State.

With an in-conference record of 6-6, the Owls would need to basically win out and get some help from others to secure one of the top spots heading into the conference tournament. But don't worry; we should see the boys in the blue playing in the tournament, as there is no realistic chance the fall out of contention.

The Owls remaining schedule is no easy one. With games against teams under them like Framingham State, UMass-Dartmouth, and Fitchburg State, the Owls will be battling for the number three seed at this point. This would give them a first-round home game and, with a victory, a chance to travel to Salem or Plymouth.

But let's not get to ahead of ourselves quite yet. Six games can get them that three seed, and that's what they should be aiming for. A first-round home game would be pivotal for the Owls, as they hold a 6-3 record at home and are only 4-4 on the road as of Feb. 1. So to say the least, the Owls like to play at the "home nest."

The first game of the final six has the Owls slated against the Salem State Vikings. The Owls will meet the Vikings for the third time, and their fortune hasn't been great. They've lost both contests with scores of 3-1 and 2-1. This one has to be the spark if the Owls are going to really get things going.

After Salem, the Owls will hit the road to take on the Fitchburg State Falcons and the UMass-Dartmouth Corsairs. Both of these teams have split their season series with the Owls. The Corsairs and Owls have split home wins while the Owls saw success at Fitchburg but were blown out at home by the Falcons. These two teams sit behind Westfield in the standings and will look for the home-ice to play a factor in these games.

Westfield will return home to take on the Worcester State Lancers and the Framingham State Rams. These will be the final two home games for the Owls. If they weren't able to muster road wins, these will be must-win games, especially the one with Worcester since the Lancers only hold one conference win as of Feb. 1. Against the Rams and Lancers combined, the Owls are 4-0 with 20 goals for and only seven against.

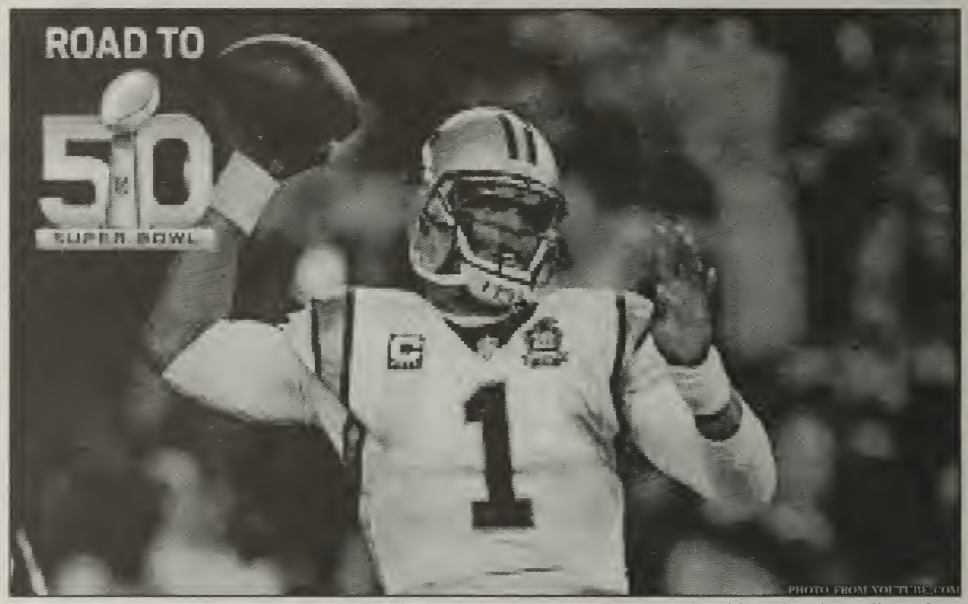
The Owls will wrap up the regular season with a trip to Plymouth State to take on the Panthers. The Panthers are the top team in the Conference as of Feb. 1. The Owls have dropped both meetings to the Panthers this season but will look to play spoiler in the Conference Tournament. A win in Plymouth could be the spark for a deep run in the Conference Tournament.

A 6-0 record is what is dreamt of at this time of the year. But in hockey, it all depends on who gets hot at the right time. A six-win run isn't out of the cards quite yet, and we should hope for at least four wins in the final six, two of them coming on the road. It could finally be the time to get the phrase "Fly Owls Fly" going, because we could see them flying to a MASCAC crown

Superbowl Preview:

Panthers posed to take home first franchise Super Bowl

Mike Barry
Sports Editor



Cam Newton ihas been instrumental in the Panther's success this season. It is more than likely that they will win Sunday's game.

This upcoming Sunday in San Francisco, the yearly installment of America's most watched sporting event will take place. Super Bowl 50, featuring the Denver Broncos and the Carolina Panthers, is set to kick off at 6:30 p.m. EST. There are compelling story lines regarding each team making this game a must-watch as always.

The NFC Champion Carolina Panthers come in to this game at 17-1 and, by many accounts, the favorite. Lead by Cam Newton, the Panthers have been dominant all season, losing only one fluke game to the Atlanta Falcons.

Out of the AFC is the Denver Broncos. Quarterbacked by future Hall of Famer Peyton Manning, the Broncos are looking to win one for the old veteran who could retire at the end of this season.

While the focus of the media leading up to this game has been on whether or not Peyton will win one more before his career is over, it's fair to say that his personal game play this season has nothing to do with Denver's trip to the title game. In fact, it could be more accurately argued that Manning's play has been a determent to his team.

Manning not only had his worst statistical season, but also it was the worst statistical season by any quarterback who has played in a Super Bowl. Peyton threw just nine touchdowns and seventeen interceptions. Seventeen interceptions was the second most by any quarterback this season. A pretty horrible stat considering Manning only started nine games this season.

If the Broncos are going to win this game, it will be their league-best defense that carries them. Denver's defense finished in the top five in every major team stat including finishing first in total yards and total pass yards allowed.

Full of stars, Denver's defense completely crippled the high-powered New England Patriots offense in the AFC championship game, holding them to only 18 points. If the Broncos defense play as well as they did in their last game, the Panthers are going to have their hands full.

As good as the Denver defense is, the dynamic Panthers offense is unlike anything Denver has seen before. Based off his regular season, Cam Newton seems to have the MVP all wrapped up. Cam's accounted for 45 of the Panthers touchdowns this season (35 passing, 10 rushing).

Cam's success on the ground this season shouldn't be a surprise to anyone; however, his success in the air is a testament to how much he has improved as a passer. He went into this season losing his top passing option (Kelvin Benjamin) and still had his most efficient passing season of his career. Posting a career low in interceptions with just 10, Cam has turned into, without question, the most dangerous offensive player in football.

On the other side of the ball, the Carolina defense is no after thought. They finished in the top ten in points allowed, yards allowed and rush yards allowed. Defensive captain Luke Kuechly is the best inside linebacker in the NFL and finally has a strong supporting cast around him.

After looking over the statistics, it's hard to see the Panthers losing this game. Their defense may be too good for Peyton and Denver's unintimidating offensive attack. Denver's only hope is if their defense plays a perfect game. While this is entirely possible, I can't see Superman Cam playing poorly on the big stage.

The Las Vegas odds makers have the Panthers as a 4 and a half point favorite and – to be honest – I feel like that's giving Denver way too much credit.

The Panthers have done more than enough this season to be seen as a much bigger favorite. I think this game will never be close and the Panthers will walk out with their franchise's first Super Bowl by a score of 31-14.

Games & Leisure

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Old West

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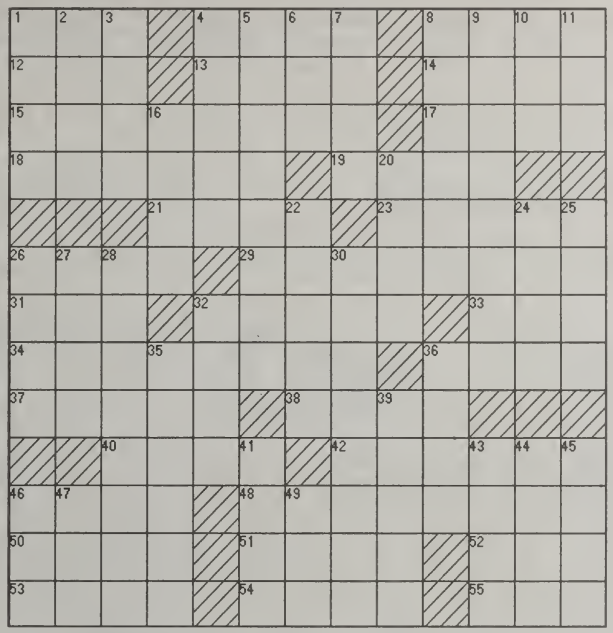

ACROSS

1. Rest here please, abbr.
4. The compass point that is one point south of southeast
8. A French abbot
12. Own (Scottish)
13. A sword similar to a foil but with a heavier blade
14. River in South Africa
15. A way to decree
17. __ Spumante (Italian wine)
18. A group of similar things ordered one after another
19. Network of nerves
21. Alligator
23. Dish
26. Part with
29. Fulmination
31. Turn tail
32. African cape
33. The compass point that is one point east (clockwise) of due north
34. A way to vanish
36. Crinkle
37. In a way, fed
38. Stake
40. Turkish leader title
42. Spoke
46. Staff of life
48. Coil
50. A way to squeeze
51. Clupeid
52. Queen of Scotts
53. Surrender
54. Hosiery
55. Born of

DOWN

1. Letters of the alphabet
2. Rich person
3. Person
4. More dried-up
5. Shows
6. Article of furniture
7. Visionary
8. A visible personification of an abstract quality
9. An imaginary line or standard by which things are measured or compared
10. Eutherian 11. __ Lilly, drug company
16. Food grain
20. This (Spanish)
22. About
24. Swedish rock group
25. A way to view
26. In a way, left
27. __ Shankar, Indian musician
28. Exhaled
30. Tumours
32. Sacred writing
35. A way to diverge
36. A space reserved for sitting
39. Business
41. Cincture
43. Sir in Asia
44. Bulky grayish-brown eagle
45. Sandy piece of seashore
46. Beginning military rank
47. Wrath
49. The 17th letter of the Greek alphabet

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
2/5	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
2/6		National Chopsticks Day: Student v. Food	Dining Commons
2/6	1p	Women's Basketball vs Framingham	Woodward Center
2/6	3p	Men's Basketball vs Framingham	Woodward Center
2/8	5p	Celebrate the Chinese New Year!	Scanlon BNQT Hall
2/8	11a-1p	Orientation Leader Info Sessions	Dining Commons
2/8	6:30p	The Paytons of Westfield: Black Entrepreneurship and the Founding of Harlem	Owl's Nest
2/9	11a	February Lecture Series - Three Conversations - Ten Nigger Girls	Ely Theatre
2/9	5p	Orientation Leader Info Session	Dining Commons
2/10	1p	Red Cross Blood Drive!	Parenzo Gym
2/10	2p	MSA Presents: Pop, Lock, & Drop It	University Hall
2/10	7p	Men's Basketball vs Elms College	Woodward Center
2/11		Elite Event: Wicked Wings	Dining Commons
2/11	5:30p	Anti-Bullying and the Media: One Call, One Cause	Loughman LVNG RM
2/11	7p	LGBTQ(POC) Film Shorts and Panel Discussion	Owl's Nest
2/12		Women's Swimming @ New England Championships	URI, Rhode Island
2/12		Valentines Day Donut Decorating Contest	Owl's Nest
2/12	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
2/12	6:30p	Ahavas Achim Sabbath Service	Interfaith Center

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mbellers@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, FEBRUARY 12, 2015

westfieldvoice.com
@westfieldvoice

Coffee with the cops a success!

Students and Public Safety officers relax and become familiar with one another over coffee and snacks at another Coffee with Cops events.

Matthew Carlin
Interim Editor-In-Chief

When one thinks of the police they think of officers in uniform knocking on their doors when they are too loud or patrolling the streets. The Department of Public Safety has been doing all of that and has started a new program to get themselves involved with students in a more friendly way. The program lead by Lieutenant Bernie St. George goes by many names: Coffee With The Cops, Coco With The "PoPo," and so on.

In essence, the whole program is a means for the students here on campus to get acquainted with the campus security/police in a friendlier and more relaxed environment. Sodexo is generous enough to supply the officers with coffee, hot chocolate, and donuts, which the officers then bring to common areas in residence halls. Officers and students then sit around and talk as a way to get to know one another. In addition to fostering the student-officer relationship, the program offers a place for students to relax after classes and daily activities.

"[The program is] a way for us as a department to get our and meet with the students in a positive, productive, and non-confrontational way," Lt. St. George said.

"It is an opportunity for us to meet the students and for them to meet us... it's to create a dialogue and create trust," Lt. St. George continued.

Public safety has been doing this program since the fall and so far it seems to be a success for everyone involved. Students get a place to relax, and officers get a chance to connect with the campus community more intimately. This program is the first of its kind on our campus.

This past year, the department has made many changes and expanded upon the already-existing services they provide to students by increasing shuttle times and trips to Lansdowne Place.

Some may have noticed

see **CARLIN** *on page 3*

In this week's issue

Campus pages 1-6
Coffee with Cops
State of the Campus
RHA
Voice Vault
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Conservative View
View on a Trump Rally
A&E pages 10-11
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Gails Guidance
Sports pages 12-14
Men's Basketball
NFL Recap

The objective student press of Westfield State University

VOLUME VII, ISSUE XIII

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, FEBRUARY 12, 2015

News from other schools

The Berkeley Beacon,

EMERSON COLLEGE

A student may be facing misconduct charges after listing his dorm room under Little Buildings on Airbnb. Jack Worth, a Sophomore, had listed his room for subleasing to the outside community, which was swiftly caught and punished both by the site and the university.

The New Hampshire Beta,

U. OF NEW HAMPSHIRE

The UNH Sustainability Institute reports that its carbon emissions have been substantially reduced in the past decade. Their report states that, in comparison to other schools, their emissions are down "38 percent [more] per square foot since 2007." This data was found using the Campus Carbon Calculator (CCC), which was created by UNH and Sightlines, a company that "helps universities better manage their facilities investments."

The Daily Collegian

U. OF MASS AMHERST

Political participation at U.Mass has skyrocketed lately with the Massachusetts primary right around the corner. Students from several local schools attended this week's meeting of the UMass Democrats club. With high support for both Bernie Sanders and Hilary Clinton, the club will not officially endorse a single candidate until the Democratic nomination is announced.

The Washington Square News,

NEW YORK UNIVERSITY

Former adjunct professor at NYU and current Supreme Court Justice Sonia Sotomayor responded to questions in regards to the current state of judicial system at the NYU School of Law on Monday. She spoke in favor of juries and discussed the importance of jury duty, encouraging every civilian to be more open to the requirement.the checkbox regarding diciplinary history be removed.

President Dina gives annual State of the Campus Address

Brendan McKee
Voice Contributor

PHOTO BY DELANEY GEMBIS

The fifth annual Westfield Student State of the Campus Address took place on Tuesday, Feb. 9 with Student Government president Evelyn Dina stepping up to the podium at Dever Stage to speak to the achievements and advancements in the last year.

The address began with Student Trustee, Justin Connolly, introducing the Executive Council of Student Government seated behind the podium, and calling forward Dina to the podium. Dina walked up to the podium to great applause from the over half-filled auditorium. She began her speech by recognizing Peter D. Mazza, the man whom the student government room is named after. Mazza stood and received a round of applause from the audience.

Following this recognition, Dina continued by acknowledging the new Westfield State University president, Dr. Ramon Torrecilha, and the former president, Dr. Elizabeth Preston, to which the crowd applauded.

Dina carried on and acknowledged that over $220,000 worth of scholarships was delegated to both current and incoming students of Westfield, a record high. Furthermore, Professor Emerita Catherine Dower donated a record $1 million towards the development of a performing arts center located in Juniper Park, which will be renamed the Catherine Dower Center for Performing and Fine Arts in her honor.

On the topic of buildings, Dina announced that the construction of the new science building is on time, on budget, and will be opened at the beginning of the Fall 2016 semester. Also mentioned was the progress of the physician's assistant program coming to Westfield State, which will be the first public PA program in New England.

Dina transitioned to the topic of studying abroad and the University's impending expansion of the abroad program, with 13 countries having student representation on campus. Moreover, eight students had the opportunity to travel to Hawaii as part of a national student exchange program.

Dina then mentioned U.S. Senator Elizabeth Warren's visit to campus, one of the highlights of the current semester. Senator Warren spoke on the increase in average student debts and college costs, as well as her new #InTheRed campaign aimed towards making college more affordable for all. The speech drew a large number of people throughout the campus, and Dina highlighted the fact that this was the first visit by a U.S. senator to the University since 1994.

Dina then focused in on the counseling center, mentioning that over 900 students are currently scheduling appointments and over 100 are being placed on a waiting list. Dina encouraged more awareness for the counseling center. She emphasized that it is a great resource for students, but it is a bit too small to accommodate the rising student demand.

Subsequently, Dina discussed the progress and achievements of the Diversity Inclusion and Student Activities organization on campus, commonly referred to as DISA. The organization cosponsored Family Day, held early in the fall semester, which brought in over 1,300 people.

The implementation of nine Living and Learning Communities, which allow students with similar interests to live in the same general area in a residence hall, was then brought up. These LLCs were regarded as a success, with more to be added in the near future.

In regards to residential life, a Skyfactor survey was sent out to all residential students to collect data pertaining to residence halls, RAs, and more. Dina noted that over 50 percent of residential students filled out this survey, with the general consensus being that the Westfield campus is considered safe.

The Smith-Cup-leading Westfield State athletics department was then mentioned, as the winners of five of the last 10 Smith Cups are currently leading in the 15-sport standings. Westfield State athletics currently owns 59 out of a possible 76 points in this race.

Dina followed this with praise for the annual Turkey Drive, one of the more recent student campaigns out of SGA, which was a great success this year. Nearly 150 turkeys were donated to the

see **Mckee** *on page 3*

From **CASHMAN** *page 10*

by the rice. Your end product should come out smooth and creamy, with the rice still being a little al dente. Yes, this method requires more attention than most, but the results tend to speak for themselves. Also, it's the process I was taught in Italy, so I have a biased opinion.

So far, the entries into my own risotto diary have included: risotto with hot sausage and peas, risotto with chicken and yellow peppers, risotto with mushrooms, and risotto with avocado. The first recipe in that list is now perfected and shall be enclosed at the end of my rambling.

For being such a small country, no larger than California, the food of Italy is incredibly diverse, which is one of the reasons the nation is written about so often as a haven for everyone who loves food. The northern regions have rice, buckwheat pasta, cured meats, and white wine. Tuscany and the central regions have rich red wine, breads, and steak. The south has pizza, pasta, and seafood. Every country on the planet has its own unique food culture, and will continue to add to the global food scene until the depths of the human imagination can go no further.

Enjoy this recipe for Risotto with Hot Sausage and Peas!

As always: buona tavola é mangiare bene!

RISOTTO WITH HOT SAUSAGE AND PEAS

Ingredients:

1 ½ cups, or a good handful, risotto rice (Arborio is preferable)

1 shallot, minced

1 clove garlic, minced (optional)

Olive Oil

3-4 hot Italian sausages, casing removed

1 pack frozen peas, heated in microwave or on stove top

4 – 5 cups chicken broth

Instructions:

1. Bring chicken broth to a simmer.
2. In a pan, on medium low heat, sauté the sausage until golden brown and crispy.
3. In a small or medium pot, sweat the minced shallots and onions in olive oil.
4. Add in rice and toast for about a minute. Smell will change, color will not. If the rice becomes brown and burnt, you've toasted it for too long.
5. Add the broth ladle by ladle until is the rice is al dente. While adding the broth, stir the rice in one direction constantly so as to maximize starch output from the rice.
6. Add the peas and sausage to the risotto and remove it from the heat. Cover and let sit for about three minutes.
7. Serve with nice, crispy bread.

From **GODARD** *page 7*

Daily Mail reporter access to the press pool on a New Hampshire trip. Journalists have also criticized the Clinton campaign's refusal to provide sourcing for basic information."

In a country that celebrates its freedom and ability to say what we want, the United States is lacking in freedom for journalists. In Reporters Without Borders' World Press Freedom Index, we are ranked 49 out of 180 countries. Most people in America would say, with enthusiastic patriotism, that we are the most free country in the world, but how free are we?

In a time where there are proclamations that our country needs to act like we are the most powerful country in the world, wouldn't the barring of our 1st amendment be contrary to that exact statement? If we want to "Make America Great Again," let's start with the press being able to exercise their most basic right, the freedom of speech and press.

From **Carlin** *page 1*

that more and more members of the department are becoming increasingly visible on campus, whether they are seen patrolling hallways or simply walking around academic buildings. The visibility has been a new measure put forth by Chief Tony Casciano to get more personal with students during class times, to provide better security, and so students can see friendly faces that they meet at the Coffee With The Cops event.

One of the other programs that have been implemented is the Adopt-A-Hall Program. The program entails each hall having a specific officer for the building. That officer is meant to go to RA events and work with the students and staff.

Over in Lammers Hall, Officer Hannaford went to an RA event to show support while off duty. The primary goal is to work with the Hall Council as an outreach to get to know the staff and students in the building.

The shuttles that can be seen driving around the campus are all operated by Public Safety personnel and the hours of operation have been expanded to nearly a twenty-four seven operation.

As it currently stands, shuttle services on campus are running longer here than any of our sister institutions. The hours of operation for such shuttles start at around 6:00 a.m. and run to about 2:00 a.m. If there is ever a time someone on campus needs a ride, Public Safety will provide one so long as there is no pressing matter (i.e. an investigation).

Most of the new programs have been promoted due to the Chief's community-based policing policy that he has taken since assuming his position.

People like Lt. St. George also have professional development experience and prestige. The Lieutenant, who has been here since 2011 but has nearly 20 years total in the field, has recently won the Sean Collier Award for innovation in community-oriented policing.

The award is for community policing and programing that improves relationships between the police and the community.

Public Safety will still be doing the Civilian Response to Active Shooter in the upcoming weeks and would like everyone to know that no disruption in

From **McKee** *page 2*

Westfield branch of the Salvation Army for families in need because of this fundraiser.

Dina also noted that there was great success in monthly blood drives and the annual Stuff a Cruiser program, both of which had significant SGA involvement.

Proceeding with SGA events, Dina stated that the Department of Academic Affairs provided $15,000 to cover supplemental travel costs for about 150 students so they could attend conferences and events outside of campus.

Additionally, Dina stated that students who worked on the #SaveTheGlobe campaign helped raise over $12,000 towards getting a new globe for campus. The campaign is hopeful in getting a new globe by commencement.

Dina wrapped up her main topics by highlighting more student-run organizations on campus such as the Musical Theatre Guild, the Black Student Union, MASSPIRG, the Campus Activities Board, and the "Make Your Mark" campaign encouraging current University seniors to make a lasting impression in their final months on campus.

The address ended with Dina thanking the crowd and her parents for coming, finishing nearly in tears as she received a standing ovation from the crowd.

The event was well received by students.

"This is always such a great and important event for our campus. For it is where we are able to celebrate the monumental accomplishments that our fellow peers have achieved this year.

President Dina spoke very highly and eloquently for our Westfield State and I was honored that I was able to be a part of this great tradition," Trustee Connolly said after the event.

RESIDENCE HALL ASSOCIATION

RHA holds first general board meeting of the semester

Gina Muller
Layout and Design Editor

From left to right, Gina Muller, Lauren Grams, Brendan Kckee, Andrew Menard, and Emily Butyinski. The executive board led the general board meeting where each hall council gave updates on the current status of thier buildings.

Last Thursday, the Residence Hall Association held its first general board meeting of the semester. The meeting was held in Meeting Room A in University Hall.

Lauren Grams, vice president, explained the hall council incentive program and what was expected from each hall council.

Each residence hall gave an update on the current status of their hall, as well as additional updates since the last general board meeting before winter break.

Courtney Hall held an anti-stress event during finals week in December, and also lost members of their hall council. The remaining hall council is working on recruiting more members and is in the process of planning an event. The event is to be determined.

University Hall held a wings event for a Patriots game before winter break. Next Thursday they will hold a Valentine's Day heart hunt.

They also reported that the malfunctioning second elevator had been fixed; however, it was stated that it had broken again. The hall council also has a vacant treasurer position and is working to fill it.

Lammers Hall held a gingerbread house-making event before winter break. Between 120 and 130 residents attended. The hall council also reported that they are working on a welcome back breakfast, and that the treasurer position is open after a student resignation.

Davis Hall held an event before winter break with eggnog and cookies. They are currently trying to figure out how to keep track of the hall charges, as there are a large amount of them.

Dickinson Hall held a movie night during finals week, and replaced the broken water fountain. The council's secretary left the position and the remaining council is trying to fill the position.

Scanlon Hall held a "chow down" event since the last general board meeting. The event was a success, even thought there was a large mess was left behind.

Brendan McKee, RHA executive board president, requested that the present hall council members fill out an updated contact sheet since many members have resigned and positions were filled with new members.

Members voted on what games they wanted to be featured in the RHA event that will be held in March. The game that will be featured at the event will be Family Feud.

Applications for the NEACURH mini conference were addressed, and alternates were encouraged to apply.

The conference will be held at Western New England University for Residence Hall Associations from across the region.

Westfield State professor's exhibit sparks racial, cultural dialogue

From Press Release

WESTFIELD, Mass., February 3, 2016- Westfield State University Student Ambassadors will host a Zumba fundraiser to benefit the Children's Miracle Network for BayState Children's Hospital on Monday, February 22 from 7 to 8:30 p.m. in Scanlon Banquet Hall.

Student Ambassadors are a select group of students who work with the campus and greater Westfield community to promote the positive elements of Westfield State. Students Ambassadors are selected based on the leadership skills they exhibit both on campus and in their personal lives. They provide services both on and off campus with much of their experiences crossing generations.

Previous service projects include participation in the Compass Mentor Program with Littleville Elementary School in Huntington, in which Student Ambassadors pair up with elementary students to provide positive experiences and encourage kids to stay motivated about school. Intergenerational programs include coordinating social events at the Westfield Arbors, an assisted living community, and weekly visits to the Samaritan Inn to serve snacks. Future projects include establishment of the Student Ambassador Leadership Scholarship in partnership with the Westfield State Foundation.

Student Ambassador Samantha Lee '17 of Hopkinton Mass. said the group chose Baystate Children's Hospital as the event's beneficiary because they wanted to support a local organization.

Student Ambassadors routinely hold 3-5 fundraisers per year. Past nonprofit beneficiaries include the Westfield Boys and Girls Club, Birthday Wishes, and the 15-40 Cancer Awareness Organization.

"We want to help make a difference for the children in our greater community who are being helped here," Lee said. "Giving back is a major focus of Student Ambassadors, and hosting this event allows us the opportunity to include our campus community in this effort."

Westfield State students sign the paperwork to formally establish the Student Ambassador Leadership Scholarship. Left to right: Back row: Albert Fava, Marissa Cermin, Haylee McQuay, Wayne Barnaby, Andrew Manchino. Middle row – Nnedi Oranekwu, Sara Palis, Julissa Pabon, Emily Tarjick, Evelyn Dina. Front row – Mike Knapik (Executive Director, Advancement, Alumni, and University Relations) Kim Morgan (Student Ambassador Program Coordinator), Ivana McGlinchey (Ambassador President), Amy Szlachetka (Director, Campus Center).

According to the Children's Miracle Network Hospital website, 62 children enter a Children's Miracle Network Hospital for treatment every minute. Baystate Children's Hospital provides care to more than 40,000 patients each year.

At the event, participants will learn firsthand how their donations will impact local families. The Morris family from Southwick will attend and speak about their experience at Baystate Children's Hospital where their seven-year-old daughter, Morgan "Momo" Morris," was treated for acute lymphoblastic leukemia (ALL) in 2011.

The Westfield State Zumba Fundraiser will be led by Zumba instructor Tara Daley. Zumba, a dance workout combing high and low intensity moves to the beat of Latin music, is practiced in 180 countries around the globe.

The event is open to the public. Participants are encouraged to wear workout clothes and sneakers. The cost is a suggested donation of $3 for students and $5 for community members. Participants do not need to sign up prior to the event.

All proceeds will be donated to the Children's Miracle Network for Baystate Children's Hospital. For more information, contact Kim Morgan, Student Ambassador Program Coordinator, at (413) 572-5400.

from the voice vault

*This article was published in the **October 3, 2005** issue of* The Voice.

Kevin Fitzmaurice
Voice Reporter

The newest residence hall on the Westfield State College campus was officially christened on Friday, September 23.

Though it has been open for students since the beginning of the semester, the ceremony made it official with a ribbon cutting ceremony and the revealing of a plaque dedicated to those individuals who helped make the new dorm a reality.

The ceremony was opened by Dr. Arthur Jackson, the Vice President of Student Affairs, with greetings to all those who were in attendance, including the president of the college as well as representatives from the Board of Trustees, the Massachusetts State College Building Authority, the student body and members of the WSC faculty and administration.

President Vicky L. Carwein spoke first and explained how this project was three years in the making. She said that she was happy everyone involved in the project felt that it was completed on time.

"Not only are we proud," she said. "Be relieved at the completion of this project."

Dr. Carwein went onto explain that applications for the 2005-2006 academic school year went up by 20% since last year, the highest enrollment in the history of Westfield State College.

She also said that the class of 2009 was the biggest freshman class ever to be admitted to the school. With the addition of the new residence hall, which has not yet been named, the college was able to admit 200 extra students who otherwise would not have been able to attend because of the lack of housing, Dr. Carwein added.

The Vice Chair of the Board of Trustees, Gina Golash, spoke next about the humble openings of Westfield State College in the mid 19th century when it began as a Normal School. Golash explained that this new hall is a much needed "home away from home" for students who are fortunate enough to live in the New Hall.

"May you study hard, sleep well, and make many friends within these walls," she said.

Matt Curren, president of the Student Government Association, spoke next and said that he was pleased with the New Hall, "This residence hall is a charming, inviting, atmosphere, but much more. It's also a place where students can gather, and be together."

Curren was followed by Dr. Kurt Steinberg, a representative from the Board of Higher Education, who said that this new building is a "proud accomplishment and testament to the college community, with all the planning, dedication, and steadfast resolve. Congratulations to all who live and work here."

Senior Project Manager, David Baie, spoke next and said that the dedication to the construction of this new building is a "great milestone between the Building Authority, and Westfield State College."

Baie mentioned that the project team was composed of dedicated professionals, who worked cooperatively, and that it was a great privilege to work with the student body and the Board of Trustees on this project.

"It's a highlight of my professional career to welcome you here," he concluded.

Sheila Keator, the treasurer of the Massachusetts State College Building Authority, came last and spoke of the members of the building authority, saying that get buildings done "on time, and at or under budget."

Keator commended her colleagues, saying that when members of the Authority show up for work they "leave egos at the door, roll up the sleeves, and get to work."

Keator explained that the new building was not paid for by taxpayers, but by the students who pay the fees with their tuition.

After the speeches concluded, a ribbon cutting ceremony was held, with many members of the design team present.

Following the ribbon cutting, the unveiling of a plaque dedicated to the workers involved with the project was revealed in the front lobby.

After the festivities, students were available to provide tours of the new building to anyone was interested.

*This article was published in the **November 8, 1982** issue of* The Westfield State Owl.

Small Explosion Causes Alarm

A molotov cocktail was allegedly tossed from a window of the Seymour Apartment building to the pavement below at approximately 11 p.m., Halloween night, October 31. The debris from the explosion narrowly missed two guests leaving one of the apartments.

Sources report that after the movie "Halloween" was aired, people at the apartment complex began getting noisy. Students from Lammers Hall commented, "We started hearing screams and yelling around 11, just after "Halloween" got over. We thought it was funny."

According to witnesses at the Apartment complex the noise did begin right after the movie "Halloween" aired. Screams were made with much ado in the apartment courtyard. One commented, "I was sleeping when I heard all this commotion. Last time there was that much noise there were streakers so we all went to the windows to look out." Witnesses reported seeing a man with a girl over his shoulder and a woman in front using a blade in attempting to stab at them, in jest.

People enjoying the show kept repeating, "take it off, take it off." So at the same time a man with a hooded robe began scaling the apartments, to scare the residents.

Water balloons were being tossed out the window when security arrived to quiet down the area. People began to chant, in jest reportedly, "kill the cop." It was told that security handled the situation well and asked all involved to keep the noise down because neighbors were complaining.

Minutes afterward though, two guests, Michael Houlihan and Baisil Maurice, were nearly missed by debris from an alleged molotov cocktail, (a crude hand grenade made of a bottle filled with flammable liquid, fitted with a device capable of touching off the liquid and ignited at the moment of hurling).

Neither of the guests were injured. Houlihan did complain of a headache that may have been caused by the impact of the noise of the explosion.

"Two minutes later we would have been riped to shreds," he commented. "I was surprised to see the debris fly right past us. The irresponsibility of the situation (is appalling)."

Linda Fienerman, president of the class of 1983 and resident of apartment 2AL, said, "Yes there was an explosion. I didn't see it fall or anything but I saw sparkles and stuff fly by my window." Fienerman further commented that she saw fire crackers the next day, fall from an apartment above her.

When talking to security on the matter, they were quite surprised to hear the whole incident. It was not reported to them nor have they heard any rumor on the subject. "Maybe it was a firecracker or a cherry bomb. I'm sure we would have heard about it if it were anything else."

opinions & editorials

FRIDAY, FEBRUARY 12, 2016

A Donald Trump rally through the eyes of a student

Brandon Peddle
Voice Reporter

PHOTO FROM WORDPRESS.COM

It was Sunday, Feb. 7. The clock was ticking towards 10:00 a. m., and I was rushing to get ready – as I usually do. I made sure I had all the necessary items: camera, microphone, ear-buds, phone, wallet, and GPS. The two-hour trip to Plymouth State University went smoothly aside from the irritation caused by slow drivers – but that is to be expected.

I was going to a Donald Trump rally hosted in Plymouth State University's gymnasium. I was going to cover the rally as freelance work for my internship with GVH Live, which I had during the previous semester. I was excited to cover this event because the focus of GVH Live is millennials. I knew this was a golden opportunity to get their perspective.

I got there just in time for the 12:30 p. m. deadline for entrance. I rushed over with my pockets full of wires and camera accessories. Since I was allowed press credentials I got to skip the line and enter through the back with ease. I felt a false sense of snobbiness in thinking I could bypass the line of people as if I was important and deserved special treatment. I quickly found out that was not the case for press.

My first thought on entering the building was: Damn, I overdressed. Including the press, I was probably one out of four people wearing a suit – even the guy from CNN was not wearing a suit. My second thought was: Wow, this event is a lot smaller than I thought.

I was expecting the entire gym to be packed and having to fight your way for a spot. A divider was put in the gym, but people were not even close to filling the first half of the gym.

So there I was, getting all the material I needed to cover the story. Trump was supposed to begin at 1:00 p. m., but since he was late I figured I had plenty of time to interview people in the crowd and get all the film I needed.

As I busied myself finding people to interview through the sea of "Make America Great Again" hats and signs, a woman in a blue dress approached me with a big "Trump" sticker on her chest. She asked in a seemingly condensing manner, "Aren't you press?"

I knew there was definitely a right or a wrong answer to this question, and my gut told me to truthfully answer, "Yes."

She replied, "I told you 40 minutes ago all press has to be in the pool and cannot leave unless exiting the building."

Despite her hostile tone and false accusation, I took it in stride and asked, "What if we want to interview the crowd?"

She responded that I would have to wait until the event concluded before I could mingle with the crowd. The crowd was not even that big to begin with and slowly dwindled during the speech. People who were looking for an entertaining speech chock full of controversial statements and denunciations were left disappointed, as Trump was mostly calm through his speech.

It was not so much a press pool as it was a corralling of all journalists. I felt like a sheep being herded. I tried escaping the press pool to fulfill my duties as a freelance journalist. I was simply trying get the crowd's thoughts on Trump, and instead, I feel like an actor on the show "Prison Break" making my daring escape.

My daring escape was little more than a sad attempt. One of the many Trump volunteers came up and told me I have to go back or be kicked out, which essentially means I can't do my job.

I felt a sense of injustice that I could not perform the basic duties of my job and that I was being controlled. Doesn't our first amendment right allow me to not only say what I want, but also go where I want in a public setting?

Obviously I cannot get on stage in the middle of Trump's speech and say, "Ya, excuse me Donald, I got a question." Still, it is a strange feeling that my rights are being passive aggressively impeded on. Don't other journalists feel the same?

After doing some research, it seems this treatment of the press is all too common, including Hillary Clinton and even President Obama's administration. Thomas Drake, a NSA whistleblower, has been quoted as saying that President Obama has one of the least transparent administrations.

The organization, Reporters Without Borders, recently wrote an article this past month detailing Trump's hostile treatment of press, stating that, "the Trump campaign barred a New York Times reporter from covering an event in Iowa…In addition Univision, [Fusion], The Des Moines Register, The Huffington Post, and BuzzFeed all have had their credentials restricted or taken away by the Trump campaign over the past seven months."

Reporters Without Borders did not hold back on criticizing Clinton either, claiming, "she denied a

see GODARD *on page 3*

THE CONSERVATIVE VIEW

The massive drop out finally begins

Matthew Carlin
Managing Editor

Photo FROM FREEDOMOUTPOST.COM

Well folks, it seems as though it has finally begun: the mass exodus of Republican candidates from the primary races. In the past week we saw Senator Ted Cruz win the Iowa Caucus while Mr. Donald Trump won in New Hampshire.

Out of both of these elections, the two candidates have maintained a significant placing by staying in the top three candidate slots and winning delegates in both primaries.

Some candidates have not been as lucky. My personal favorite, Governor Chris Christie, and minor hopeful Carly Fiorina have both announced on Wednesday, Feb. 10 that they were pulling out of the race.

Now, I am not one to capitalize on someone else's misfortune, but I feel as though I am not the only one that is at least thinking "Finally!" when it comes to candidates withdrawing from the presidential race.

When we started the debates, we had nearly seventeen candidates. After some much-needed weeding, we are now left with seven.

I am disappointed that Christie had to pull out of the race. Being a moderate Republican, he was a particular hopeful in a race against two left wing Democrats.

With that being said, I am not surprised Christie has pulled out, seeing as he put everything out on the line in New Hampshire. The metaphorical last stand for Christie was the NH primary.

After a phenomenal performance in the last debate, he outperformed Marco Rubio and left his campaign team scrambling to recover, as well as spending a significant amount of time and funds campaigning in New Hampshire.

As it officially stands for owned delegates, 17 are for Trump, 11 for Senator Cruz, 10 for Rubio, 5 for Kasich, 4 for Bush and 3 for Carson. Zero delegates have been awarded to Gilmore, who still stands in the race despite having very little support.

The Trump campaign should be afraid now that the field of candidates has been lowered, and those who have dropped out have moved against him.

Their supporters bolstering the ranks of the other anti-Trump candidates could mean trouble for the millionaire's fight for the party nomination.

Those who have dropped out since the start of the campaign include Christie, Fiorina, Graham, Huckabee, Jindal, Pataki, Paul, Perry, Santorum, and Walker.

All of these previous candidates have all went on record criticizing Trump and his stances on certain issues, one being his lack of experience.

Now, I am not one for the traditional or older politician, but when I see Trump and his claims, I simply am at a loss for words and seem to prefer a more traditional candidate.

What we should really be looking for this upcoming week is how Ohio Governor Kasich is going to be handling his newfound foot in the race.

New Hampshire's primary results were both shocking and pleasantly surprising for the governor.

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Study Abroad Fair

Are you ready to *Go Global*?

Come to the ***Study Abroad Fair*** and speak with International Programs staff about Westfield's **Study Abroad, International and National Student Exchanges, and short-term programs.**

Learn from representatives of other approved Study Abroad programs, such as:

Academic Programs International
Barcelona SAE
the Center for International Studies
the Education Abroad Network
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There will be give-aways and raffle items!

February 16, 11:30 a.m.—2:00 p.m.

Westfield State University Dining Commons

Sign-in for a Raffle Ticket in the Takeo Room!

arts & entertainment

FRIDAY, FEBRUARY 12, 2016 MONIQUE DESNOYERS, EDITOR

quick hits

as of Feb 10, 2016

Top 10 Singles

1.Pillowtalk- Zayn
2. Love Yourself - Justin Bieber
3. Sorry - Justin Bieber
4.Stressed Out- twenty one pilots
5. Hello- Adele
6.Summer Sixteen- Drake
7. Work- Rihanna featuring Drake
8.My house- Flo Rida
9.Roses- The Chainsmokers featuring ROZES
10.Me,Myself & I- G-Eazy x Bebe Rexha

Top 5 Albums

1 ANTI - Rihanna
2. Islah- Kevin Gates
3. 25- Adele
4. This Is Acting- Sia
5. Purpose- Justin Bieber

Top 5 Movies

1. Kung Fu Panda 3
2. Hail, Caesar!
3. Star Wars: The Force Awakens
4. The Revenant
5. The Choice

Upcoming DVDs

1. The 33
2. Black Mass
3. Steve Jobs

KNOWING TO COOK

The Risotto Diaries: unlocking the secrets of Italian rice

Ryan Cashman
Voice Columnist

A year ago this month I was sitting in a restaurant called Ganzo, on Via dei Macci 85r, in the heart of metropolitan Florence, about to sample my first authentic Italian risotto. My roommates, Adam and Jeff and Nick, and I had been patiently waiting in our tiny corner booth for nearly twenty minutes. It was early evening, and the chill of the winter breeze had brought Florentines in off the streets to warm themselves with a glass of wine.

The wine we'd been nursing was a bold Sicilian red called Cottanera Etnarosso, which had been recommended to us by the sommelier. The wine glistened with hints of floral and fruity aromas, and tasted as rich as the soil from which the grapes had been birthed.

Finally, the waiter came zooming around the corner, carrying with him steaming platefuls of our first course: risotto algi asparagi (asparagus risotto). We stared for a moment at our plates, noticing the small shoots of green lathered in a river of golden olive oil on a bed of creamy white rice. I was careful to make sure that every ingredient made it onto my fork and then I took my first bite. An amalgamation of flavors struck my taste buds: the crisp freshness of the asparagus, the saltiness of the parmesan infused rice, and the peppery bite of the extra virgin olive oil. I glanced up at my roommates, our eyes met, and we knew we'd all shared in the same experience.

Because wheat does not grow well in the harsher, colder climates of Lombardy, Piedmont, and Veneto, rice and buckwheat became the staple ingredients of northern Italian diets. Being easier to cook and more readily available, rice was farmed in mass quantities and exported, creating one of the many rich industries the Italian north is known for.

Despite being in Tuscany, access to risotto was readily available. Of course, the Florentines put their own unique spins on this traditionally northern dish, such as the asparagus risotto my roommates and I sampled at Ganzo. In the months since being home from Florence, I've been practicing the process of creating my own unique risotto dishes. It is a lot easier to make than you might think. There is a global stigma that elegant food must also be exceedingly difficult to make, which, in most cases, is not true. In total, and depending on the size of your party, risotto takes about sixteen minutes to make in full; however, unlike most rice dishes, risotto needs to be tended to constantly.

There is an opinion among some chefs that the traditional method of making risotto takes too long and does not require maximum care and attention.

I disagree. If you are looking for a risotto that stands above the rest in terms of quality of taste and texture, then the traditional method is the method to choose. The base begins with shallots and the optional minced clove of garlic, sweating in olive oil. Rice is added in and toasted in the garlic and shallots for about a minute. Then, ladle by ladle, stock is stirred into the rice, each ladle being added once the former has been absorbed

see **CASHMAN** *on page 3*

Horoscopes

May the stars be ever in your favor...

Aries
(March 21 - April 20):
This week you will run into some miscommunication with people who do not speak your primary language.

Taurus
(April 21 – May 21):
Refrain from visiting any relatives in quarantine for Ebola this week.

Gemini
(May 22 – June 21):
Do not trust any Tauruses who have committed a violent felony in the past.

Cancer
(June 23 – July 22):
That empty void in your life needs to be filled with a wild adventure. Someone far less dull than you will be up to the task.

Leo
(July 23 – August 23):
Your love life will be taking an unexpected turn when you realize that your relationship has been a complete lie.

Virgo
(August 24 – September 22):
All of the extra hours you have been putting into your job lately are not about to pay off. A big demotion awaits you.

Libra
(September 23 – October 22):
Take extra caution of the poor infrastructure in Westfield this week. You'll cross that bridge when you come to it.

Scorpio
(October 23 – November 21):
You will be getting cold feet when facing big decisions this week. The stars suggest consulting your podiatrist.

Sagittarius
(November 22 – December 21):
Be careful what you wish for — you may find that encouraging people to "break a leg" will prove fatal.

Capricorn
(December 22 – January 19):
The stars are disgusted by what you did last weekend. They suggest you spend this coming weekend giving back to the community in repentance.

Aquarius
(January 20 – February 18):
The position of Uranus suggests that you stay away from the roast beef in the DC this week.

Pisces
(February 19 – March 20):
The stars are uninterested in your affairs, Pisces. Your life is just too insipid.

gail's guidance

Dear Gail,

I live off campus with five other people. One of my roommates found a stray cat on the street and decided to make her our newest roommate. The cat is very moody, and after only a few days of living with us, she already thinks she owns the place. I wish she would remember where she came from and respect us a little more, but alas, she does not. I don't know what to do because when this cat is loving and affectionate, she is the greatest thing that has ever entered my life. However, when she scratches me, I want to send her back to the streets. What do I do?

Signed,
Indecisive Cat Lady

Dear Indecisive Cat Lady,

As someone with some common sense and class, I myself am a dog person. Might I suggest a cat whisperer? Maybe she can shed some light on your cat's past life on the streets. After my handsome hubby had a dog whisperer come to the house and explain Clifford's aversion to Republican debates, we knew to turn off Fox News in the evening. Clifford's temperament has been delightful ever since.

If a cat whisperer seems too gimmicky or expensive, you can always banish the cat back to the streets and invest in an upgrade of the highest caliber: a dog. As a woman with a majestic Australian shepherd and a spunky bichon frise, I can confirm that these longhaired angels are a prize to be won.

As a cat owner, this may be hard to understand, but get this: dogs are animals that initiate interactions with their owners and show gratitude when you give them food, love, and shelter.

When you do invest in an amazing canine, stop by with him on the third floor of Ely to visit ya girl Gail at The Westfield Voice office!

Regards,
Gail

owls athletics

Friday, February 12, 2016 Michael Barry, Editor

Brad Marchand is a force to fear on the ice!

Jack Corsi
Voice Reporter

We know Brad Marchand, left winger for the Boston Bruins, by many names: Marchy, Mashmont, the Nose-Face Killah, the Honey-badger, and the Nose. But do we know Marchand as a superstar? It is starting to look like it.

Brad Marchand came to Boston about 8 years ago, but really did not start making an impact until the 2010-2011 campaign. Marchand has been a steady force on a line with Patrice Bergeron, and he has had a cast of characters playing on the opposite wing.

Whether it has been Reilly Smith, Mark Reechi, or Tyler Seguin, Marchand has become one of the faces of the Bruins ever since his first time stepping on the Garden ice.

He is not the cleanest player in the NHL – just to get that out of the way. He is not the smartest guy in the league, and he has a major temper that has gotten him in trouble with teams like Montreal, Ottawa, and Vancouver. We also cannot forget that he clocked Gabriel Landeskog earlier this season even though in my opinion, Landeskog deserved it.

He has taken some very dumb, game costing penalties in the past, but he has owned up to them. Marchand is a guy that the Bruins can rally around.

He is not the biggest fella out on the ice, but he sure acts like it. Last season alone, the 5 foot 9 inch forward racked up 95 penalty minutes. For a guy who can score 25-30 goals, that is a lot.

25-30 goals is too high for Marchand according to many but not me. He has eclipsed the 25-goal mark twice in his career with a career high of 28. He got this back in the 2011-2012 season.

He also had only one season where he did not eclipse the 20-goal mark, and that was because of the lockout. His final goal total was 18. If they had played a full season that year he easily would have gotten at least 28, maybe even 30-35.

Brad Marchand of the Boston Bruins has been thrown into the spotlight as a major force of the Bruins.

This has been a career season for Marchand, netting 24 goals through 47 games. That mark puts him at 7th in the league. He also missed 5 games due to injury and suspension. Now, I am not going to say he would have scored in those games, but come on. One of those tilts was the Winter Classic and Marchand probably would have crashed that party. I am convinced the game would have been a lot closer than it was.

If he had played in those 5 games, he could be up to 28 or 29 goals on the season.

Marchand is on my short list of team MVP's right now. Without him the goal production would be slightly down and the team may not have their swagger. Look at the other night against Buffalo: he had a backhander, top shelf in overtime on a penalty shot. That is what I like to call too sweet. He is, without a doubt, one of the major players on this squad, and we will need to look for his production when we are in the postseason.

My final stat line for number 63 will read 33-24-57. So, if you are scoring at home, that is 33 goals, 24 assists, and an overall 57 points. I would love to see those numbers even higher but my predictions would be awesome too.

The Bruins have about 28 games to go in the season. Hopefully, Number 63 shows up to play in those games.

Are you interested in sportswriting?
Do you want to get involved?
Get in touch with our sports editor,
and join The Westfield Voice!

Westfield Men's Basketball success at Framingham

Andrew McIntosh
Voice Reporter

This has been an up and down season for the Westfield State Men's basketball team. The Owls have a 9¬-12 record this year but are looking to end the season on a high note. With their most recent victory on Feb. 6 over in-conference rival, Framingham State, such a goal seems very possible.

The Owls started the game very focused and knew exactly what they had to do in order to win. They outscored Framingham in the first half by a score of 44¬-22.

In the second half, however, Framingham came out hoping to improve on their first half performance. The Rams outscored the Owls in the second half, but it was not enough. The Owls came out of the game with an 11-point victory over their in-conference rival.

Westfield made their presence felt in the paint with 26 of their points coming in the paint. Also by going to the paint, they were able to force Framingham to foul getting themselves to the line where they were able to make 21/29 free throw attempts.

Making their attempts inside the paint count by getting to the free throw line was a huge part of the Owls success against Framingham, as well as good play from their starting five.

Jesus Sanchez, a junior from Springfield, MA, shot 3/9 from the field, but he was able to go 8/9 from the free throw line and contributed 6 assists. Jose Allen, a junior from Amherst, MA, went 3/5 from the three-point line. Shane Pasquantonio, a junior from Ashland, MA, shot 5/7 from the floor.

Tuchijo Nkamebo, a senior from Amherst, MA, went 4/7 from the floor. Allister Williams from Boston, MA shot 2/2 from the three-point line.

The Owls largest lead of the game came with 1:43 left on the clock in the first half – leading with 26 points.

With a lead that large going into the second half, it's possible that the Owls assumed Framingham had no fight left in them.

Instead the exact opposite happened, and they put together a comeback that made for an entertaining game.

The Owls were able to show they can close out a game in which they start off with a big lead, and at this point in their season, that is a great skill to possess.

Westfield's offense also just about hit their season average for points per game, which is 71.6. The Owls have a home game against Salem State on Saturday, Feb.13.

Hopefully, the Owls can build off this win and close out the season against their four remaining opponents.

With the leadership of their starting five and Coach Suter, there is no doubt that this team will carry the momentum from the game against Framingham into the remainder of the season.

Senior captain Dalton Jay fails to score!

Owls hockey slide continues, loses two in a row

Andrew McGill
Voice Reporter

The Westfield Owls' slide continued on Saturday night, as the Owls dropped a 3-1 contest to the Fitchburg State Falcons. The loss brings the Owls record to 3-7 in their last 10 games.

The Owls opened up the scoring in the second period with a goal from freshman forward, Joseph Napoli; however, the Falcons were able to answer with three unanswered goals, all of which came in the third period.

During the third period, the Owls made a strong effort and kept pressure on the Falcons down 2-1. They had plenty of scoring chances to capitalize on, generating nearly half of shots on net in the 3rd period alone.

The snake-bitten Owls offense seemed unable to get a puck past Fitchburg goaltender Charles Jakobsson, who finished with 28 saves. The Owls forced him to make 13 of them in the final frame.

Westfield's senior captain Dalton Jay failed to score in the game, ending his goal streak at four games.

The loss was the Owls' second of the week after they

PHOTO WESTFIELD STATE OWLS FACEBOOK

dropped another game, this time at home, on Thursday against Salem State, by a score of 5-2.

The Owls were outplayed all game by the Vikings, getting outshot 42-22. Westfield goaltender Jonathan LoParco played as solid as he could by stopping 37 shots, but he did not get any support in the defensive end.

The Owls cut the lead to 4-2 with 10 minutes remaining in the game and pulled their goalie early in order to generate some chances. The Vikings' goaltender Marcus Zelzer was able to fend off any scoring chances the Owls had with help from his defense.

With just 26 seconds remaining, the Vikings were able to ice the game over with an empty-netter from senior Andrew Bettencourt.

The Owls' have now dropped three games in a row. Both games this week were in the MASCAC conference, bringing the Owls' record to 6-8 in the conference and an overall record of 11-10.

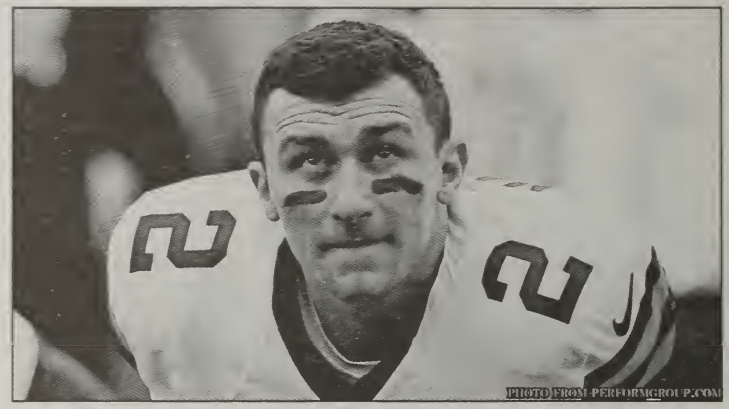
The Owls' still hold a spot in the middle of the conference but enter a critical stretch with just four games remaining in the season.

The Owls' hit home ice again on Thursday, Feb. 11, to play a crucial game against the UMASS Dartmouth Corsairs.

The two teams have each taken one game from each other in the season series, which ends on Thursday, and are currently tied in the conference in points.

The tragedy of Johnny Manziel

Mike Barry
Sports Editor



At this point three years ago, I think it is fair to say that there were not many athletes as prominent as Johnny Manziel. Coming off of a Heisman-Trophy-winning season, the esteemed "Johnny Football" cemented himself in college football history by becoming the first freshman to ever win the prestigious award.

Fast forward to present day and the mention of Manziel's name brings a reaction that is far from complimentary. In just three short years the former face of college football has all but thrown away his career and is unfortunately on a path to throw away his life.

Throughout Johnny's Heisman-trophy-winning season he was, for the most part, shielded from the media due to his status as a freshman. Without any direct access to him, the media began to obsess over who Johnny Football was and where he came from.

It was not until after Manziel won the Heisman that his university allowed him to address the media directly.

The off-season between the 2012 and 2013 seasons are when details of Manziel's personal life began to surface in the news. It is no surprise that the starting quarterback of a division one college may have a party story or two, but Johnny's reputation as a wild socialite grew rapidly.

After the 2013 season, Johnny, to the surprise of no one, declared for the NFL draft. Despite all of the red flags surrounding him, he was selected 22nd overall by the Cleveland Browns.

With a multi-million dollar NFL contract signed and an endorsement deal with Nike, Johnny's summer was even more alarming than the last. It seemed like every week or so another picture or video featured Manziel at some party. While his partying seemed excessive, it was the consensus of many that he was still simply a 21 year-old wrapped up in his social status.

Johnny spent his rookie season as a back up and only saw playing time in five games. His numbers were not horrible; however, it was clear that he had not fully grasped the playbook yet. This should have been a much bigger problem to the public than it was. Johnny was still a media darling at this point. Every mistake he made was written off as a kid being a kid.

But Johnny was never just a kid. Johnny was, at this point at least, a person with a seven-figure salary, who put his job second to partying. Why anyone made an excuse for a professional football quarterback not knowing his playbook will never make sense. Why everyone just assumed he had everything under control did not make any sense. Even when Johnny went to rehab between his rookie and second season, there were a lot of media outlets citing it as nothing more than a publicity stunt.

After another less-than-impressive season on the field for Manziel and even more off the field issues, including being spotted partying in Las Vegas in a disguise the night before Cleveland's last game of the season and an alleged incident of domestic abuse, the Browns released a statement on Feb. 2 implying that his future with the team would be "addressed when permitted by league rules." This implies that as soon as teams were allowed to cut players, Johnny would be released from the team.

Two days after the release of this statement from the Cleveland Browns, the Fort Worth Police department released the police report entailing details of the incident between Johnny and his long time on-and-off girlfriend Colleen Crowley.

The details from the police report are nothing short of horrifying. It details Manziel striking her in the head so hard that it ruptured her left eardrum and threatening to kill her and then kill himself.

If any of these details are true, Manziel's NFL career will be over and he should be put in prison. While this is still an ongoing story, the narrative of a fun-loving super star athlete has drastically changed into a guy who is severely unstable and deep in a substance abuse problem.

What once seemed fun and harmless has become the horror story of a young celebrity's fall from grace. It is going to take a serious turn around for Johnny to ever play football again; however before that, Johnny needs to fix his problems so he can simply be a regular person again.

Games & Leisure

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Valentine's Day

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ADMIRER
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AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES
COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME
FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS
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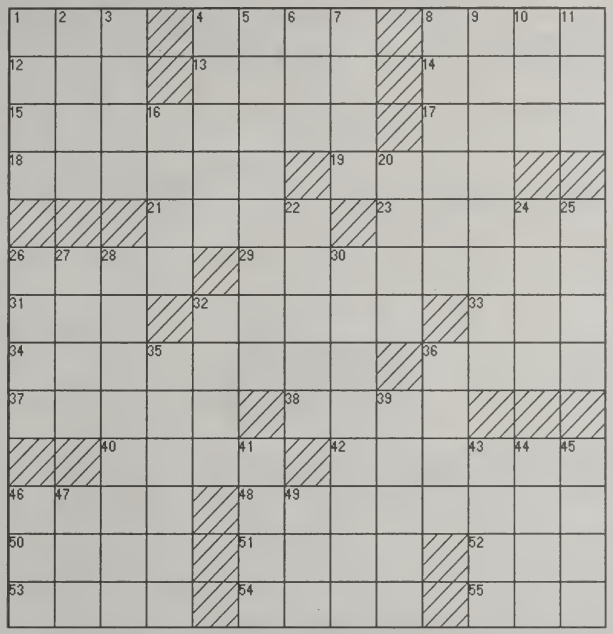
SWEETHEART



ACROSS

1. In a way, played
4. Used for insect sterilization
8. Obeahs
12. Assemblage
13. Opaque gem
14. Dada
15. A widely occurring iron oxide ore
17. Type and only genus of the family Esocidae
18. African antelopes
19. An open skin infection
21. Cans
23. Monetary units
26. All right
29. Disrespectful
31. Bog
32. Demeter
33. Snout
34. Affrays
36. A way to wrap
37. Trade
38. Large genus of erect or climbing prickly shrubs
40. Form of matter soon after the Big Bang
42. Gasoline jelled with aluminum soaps
46. Lowest part of a structure
48. Domain
50. Ruler
51. Island north of Guam
52. A continuous portion of a circle
53. Full of activity
54. Remain as is
55. Own (Scottish)

DOWN

1. Urban center
2. A blue dye obtained from plants
3. Fallow deer
4. Round painting
5. Happenings
6. A way to deliver a stroke to
7. Brews
8. Serious musics
9. Base line
10. Initial public offering
11. Single-reed instrument
16. Sole
20. Type genus of the Otididae
22. More dried-up
24. Affirm
25. The compass point that is one point east of southeast
26. Kills
27. Chadic language
28. The abstract separation of a whole into its constituent parts for study
30. To fill with sound
32. Container for shipping
35. Herb of Europe and temperate Asia
36. Solid ground
39. Anwar __, former Egyptian statesman
41. Mutilates
43. Maidservant
44. Italia
45. A ceremonial staff displayed as a symbol of authority
46. Founder of Babism
47. A Dalton (Physics)
49. Crib

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- Check Battery

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
2/12	TBA	Valentines Day Donut Decorating Contest	Ely Lower Level
2/12	3:30P	Yoga with Kathy Niedzielski	Ely Fitness Center
2/12	6:30P	Ahavas Achim Sabbath Service	Interfaith Center
2/13-15		Ely Fitness Center President's Day Weekend Special Hours:	
		2/13 & 2/14: 12 - 4P 2/15: 3 - 10:30P	
2/14		Valentines Day!	
2/15		President's Day –NO CLASSES MONDAY–	
2/16		Follow Monday Schedule on Tuesday 2/16!	
2/16	11:30A	Study Abroad Fair	Tekoa Room, DC
2/16	1P	Syllabi, Assignment Schedules, & Tests: Using Clues for Success	Banacos Center
2/16	4P	Office Hours with VP of Academic Affairs, Dr. Marsha Marotta	Ely 020
2/16	4P	Career Chats	New Hall Lobby
2/16	8P	Hip Hop Performance: Dream Junkies	Dower Center
2/17	10A	Army Career Counseling	Ely Lobby
2/17	1:30P	The Washington Center Information Sessions	Owl's Nest
2/17	4P	We The Women	New Hall
2/18	11a-1p	Pet Therapy—Pet the Puppies!!!!	Ely 2nd Floor
2/18	5:30P	Social Work, Sociology, Psychology, Political Science, and	Scanlon BNQT Hall
		Criminal Justice Professional Networking Night	
2/18	7P	Karaoke: A Night at the Apollo	Owl's Nest

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/calendar/events

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 ***IT (Wilson) - 5528***

The Westfield Voice

FRIDAY, FEBRUARY 19, 2016

westfieldvoice.com
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Governor Baker to speak at Commencement

Charlie Baker has agreed to be this years commencement speaker, the 72nd Governor will speak on May 21 at the Mass Mutual Center.

From Press Release

WESTFIELD, Mass., February 16, 2016 - Massachusetts Governor Charlie Baker will address Westfield State University students during the university's 177th commencement ceremony. The 2016 undergraduate commencement takes place on Saturday, May 21 at 4 p.m. in the MassMutual Center in Springfield.

"As a class that is committed to engaging in the democratic process and service to our communities, we are extremely excited to welcome Governor Baker, who is arguably one of the most popular governors in the country, as our commencement speaker," said Class of 2016 President Ryan Losco.

Charlie Baker was inaugurated on January 8, 2015 as the 72nd Governor of the Commonwealth of Massachusetts, succeeding Deval Patrick. A native of Needham, Mass., Baker attended Massachusetts public schools, graduated from Harvard College and earned his master's of business administration from the Kellogg Graduate School of Management at Northwestern University.

"I am honored to be able to address the students, faculty, administrators, graduates, and their families at Westfield State University during their commencement ceremony in May and to celebrate the many accomplishments they have achieved over their long distinguished history in the Commonwealth," said Governor Charlie Baker. "I am especially grateful for the leadership of Westfield State's new president Dr. Ramon Torrecilha and for his interest in working together to ensure that our graduates are ready for the jobs of tomorrow."

"The message is clear at both the state and federal level: more college graduates are needed. Westfield State is honored to host Governor Baker and looks forward to working with his administration to develop programs like a low-cost degree or our Physician Assistant program that will both bolster support for students and meet the workforce needs of the Commonwealth," said Dr. Ramon S. Torrecilha, president, Westfield State University.

Prior to his role as governor, Baker has served in both public and private sectors. He worked as cabinet secretary under Governors William Weld and Paul Cellucci. As Secretary of Health and Human Services, Baker worked to reform Massachusetts' social service system, making it more humane, cost-effective, and responsive to the needs of the Commonwealth. In his role as Secretary of Administration and Finance, Baker oversaw a number of cost-saving reforms and was honored with the Distinguished Service Award by

see **Release** *on page 3*

In this week's issue

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Voice Vault
Op-Ed pages 7-10
Conservative View
Immigration Gridlock USA
Editorial
A&E pages 11
Gails Guidance
Horoscopes
Sports pages 12-14
Men's Basketball
Draft Predictions
Owls Hockey

The objective student press of Westfield State University

VOLUME VII, ISSUE XIV

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FRIDAY, FEBRUARY 19, 2015

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
Emerson College's Polling Society's predictions for the New Hampshire primary were correct. They predicted that Donald Trump would come in with 31 percent for the Republican primary and that Bernie Sanders would come in with 54 percent for the Democratic primary. The actual results were not far off, with 35 percent for Trump and 60 percent for Sanders.

The New Hampshire,
U. OF NEW HAMPSHIRE
University of New Hampshire's Wildcat Hockey team hosted a doubleheader last weekend against Vermont, with a win 3-2 on Saturday and a tie 2-2 on Sunday. This gained UNH a single Hockey East point; however, it is uncertain if the Wildcat's will be able to secure home ice in the upcoming Hockey East playoffs.

The Daily Collegian
U. OF MASS AMHERST
Three current and one former UMass Amherst football players were arraigned in court on Tuesday Feb. 15 for a violation of the Town of Amherst's noise bylaw. They were all found responsible for the violation. The charges, however, were lessened to a civil infraction and the matter was subsequently disposed of.

The Washington Square News,
NEW YORK UNIVERSITY
Sixty of NYU's undergraduate students participated in a six-hour master class in Virtual Reality. This class was led in partnership with Oculus's Story Studio University program and took 30 students from Tisch School of the Art's film program and an additional 30 students from the game design program.

Counseling Center sees increase in students seeking its services.

Director Tammy Bringaze addresses the Student Government Association regarding updates and new intitatves from the Counseling Center. There has been an increase in students seeking the Center's services as of late.

Matthew Carlin
Managing Editor

This past Tuesday at the Student Government Association meeting, Director of the Counseling Center Tammy Bringaze and Julia Nedry, Outreach Counselor speak the Senate regarding new initiatives the center and the staff are promoting on campus. Of those spoken there was the "Tell Us About Your Day" initiative that the center is putting on with the Active Minds club. The event is meant to promote community bonding and to help people "not feel alone". Another big topic for the Counseling Center is the Out of the Darkness Walk that they are taking over and making it a 5k run/walk. The new event design is trying to encourage more involvement and make it a much larger event then it was in the past.

There has been an increase in the number of students seeking services at the Counseling center, in September alone there was 119 students, of which most had to be put on a waiting list. Director Bringaze noted however that there seems to be an increase in the number of students who have attempted suicide than there has been in recent years. Though the source for the increase is unknown it has spurred for more development in key areas to address the concerns.

Trustee Connolly voiced concern over the number of students who can only get one appointment due to the volvume of students seeking help, and Director Bringaze shares the concern and is working on a way to fix the problem.

She notes that, " The good news is that we have supportive folks..." but she added "...money is tight and we are struggling for space."

After the Counseling Center finished, the meeting continued with usual buisness appointing two new senators.

A full transcript of the meeting can be found on the university website under Student Government in the Student Affairs tab.

From **Reidy** *page 9*

migrants' lives and accept them into American society (Times). Now, because of the border crisis highlighting the strain illegal immigrants put on communities, support has wavered for the pro-immigration camp with only 68 percent of Americans, and 54 percent of Republicans, supporting a path to citizenship to those who entered the country illegally (Times).

Another issue the border crisis touched on concerning the illegal population presiding in the nation are their medical expenses. If an undocumented immigrant in the United States gets hurt in a car accident or is ill enough to be hospitalized, the doctors are legally required and morally obligated to treat them. Even though they are undocumented, and therefore have neither health insurance nor the financial coverage to foot the bill, they are protected under the same rights legal citizens are afforded under the constitution.

"The Emergency Medical Treatment and Active Labor Act of 1985 requires every emergency room to treat every patient coming with an emergency (including childbirth) even if unable to pay and even if illegally in the United States," said Jerome Blondell in "Adverse Impacts of Massive and Illegal Immigration in the United States."

This obligation, however, does not extend to having to accept a decline in their revenue. This means that the hospitals instead make the government pay for the immigrants' medical expenses, which really means it comes out of the taxpayers' pockets.

The last point I want to make is about how illegal immigrants are a major strain on community resources nationwide. In the United States, the way taxes work is based on what job you have and how much income you make with that job. So, if an illegal immigrant is making minimum wage, they are paying less on taxes than the average working American while using up the same amount of resources as that citizen. This strains the community by having to pick up his or her financial slack. Also, suppose this immigrant has a large family, and he or she puts his ten kids in the local public school system. Public education is funded by the community through taxes, so not only is he putting a further strain on the community for having to pay for his kids to go to school, but the community is also paying for his kids to take away limited educational resources from their own children, such as school supplies and cafeteria food costs.

All of these issues contribute to why so many people are against allowing illegal immigrants to stay in the country, and also why the majority of American adults are now in favor of speeding up the deportation process of immigrants who knowingly and illegally cross the U.S. border.

Deciding which of these sides to choose caused a great inner turmoil inside of me because I have a personal attachment with immigrants, so I feel their pain of wanting a better life. My ancestors were not natural-born American citizens they originated from the old country of Italia, home of ancient roman culture and fine cuisine.

My great grandfather was a hard, honest worker. He was a pure-hearted, law-abiding citizen making a point to stay out of trouble, and after many years of this model citizenry, he finally gained full U.S. citizenship.

The fact that I have deep immigration ties in my family tree makes it very hard for me to side against allowing immigrants to stay in the country now, but the woes that plague this nation due to their intrusion are just too great to ignore.

In conclusion, like the majority of Americans, I am ambivalent on this subject. This means, while I deeply sympathize with these immigrants desperate situation of wanting to find a better life for their families in the land of golden opportunity, I still cannot belittle the present job market and resource troubles we Americans currently face. If I were forced to choose a side at the present time, I would have to side against allowing immigrants to enter or reside in the U.S. any longer.

This is due to the negative impact they have had on communities' financials and economic resources on a national scale. I feel it is the government's first responsibility to make sure the majority of its legal citizens are financially stable, healthy, and prosperous enough to be able to stand on their own two feet before it is appropriate to allow more immigrants to step through America's pearly gates.

From **Release** *page 1*

the National Governors' Association.

Baker also served as Chief Executive Officer of Harvard Pilgrim Health Care where he is credited with transforming the company from the edge of bankruptcy into the nation's highest ranked health care provide for six years in a row. During his time as CEO of Harvard Pilgrim Health Care, the company was named one of Boston Business Journal's "Best Places To Work" for seven consecutive years.

Westfield State University has launched a number of initiatives to increase access and affordability for higher education. In February of last year, the university inked the "Reach to Teach" agreement with Springfield Public Schools aimed to attract middle and high school students of color to the teaching profession to the high need areas of teacher training in math, science, and special education. In 2014, the university partnered with Holyoke Community College making it possible for students to transfer into the university's online bachelor's degree program, allowing them to complete a four-year degree fully online. Westfield State also launched the President's MassTransfer Agreement with both Holyoke Community College and Springfield Technical Community College, allowing students to transfer to the university upon completion of an associate's degree for a low-cost.

Tickets are required to attend Westfield State University commencement. For more information, visit http://www.westfield.ma.edu/commencement.

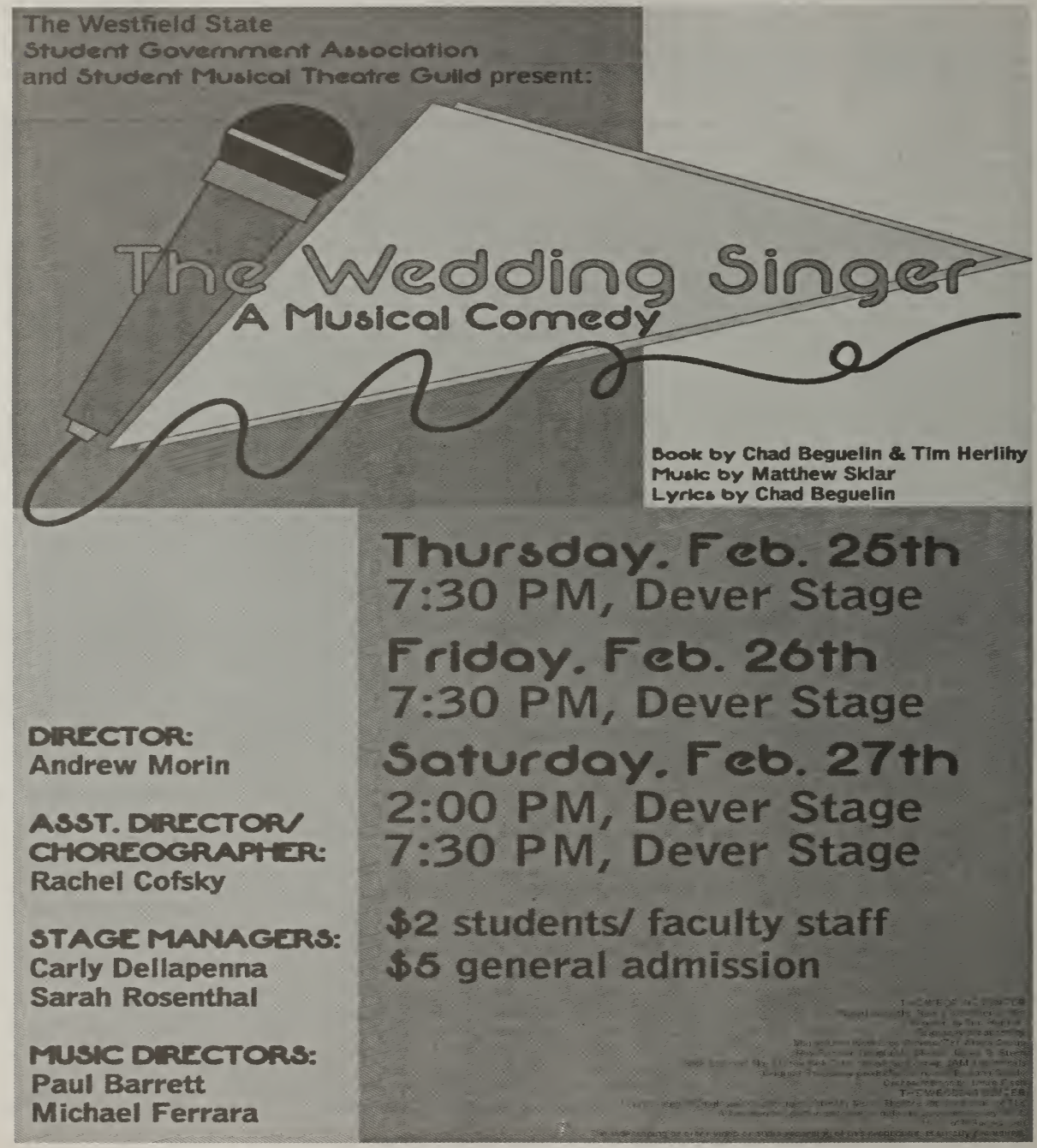
From **DESNOYERS** *page 10*

for the evening, in summer; the windows are full west." This simple observation is stated in the most polite way, but it is actually meant to undermine Elizabeth.

Austen's characters find a way to get around the strict social code of the time and say what they think. After all, who doesn't love a good ironic insult or snide comment?

"Pride and Prejudice" is far more than an old romance novel; the book intelligently caters to our contemporary taste for ironic humor. Austen satirizes the genre she is writing in by taking jabs at love and marriage, and if you do not pay attention, you could miss the brilliant commentary.

Austen is an author of the twenty-first century. She is sarcastically funny and thinks that people obsessed with lovey-dovey romance are a little crazy, so do not be surprised if the novel you picked up in a class on British literature ends up making it onto your list of favorites.


The Westfield State
Student Government Association
and Student Musical Theatre Guild present:
The Wedding Singer
A Musical Comedy
Book by Chad Beguelin & Tim Herlihy
Music by Matthew Sklar
Lyrics by Chad Beguelin
Thursday. Feb. 25th
7:30 PM, Dever Stage
Friday. Feb. 26th
7:30 PM, Dever Stage
Saturday. Feb. 27th
2:00 PM, Dever Stage
7:30 PM, Dever Stage
$2 students/ faculty staff
$5 general admission
DIRECTOR:
Andrew Morin
ASST. DIRECTOR/
CHOREOGRAPHER:
Rachel Cofsky
STAGE MANAGERS:
Carly Dellapenna
Sarah Rosenthal
MUSIC DIRECTORS:
Paul Barrett
Michael Ferrara

Westfield State students' international experience 'builds' on annual commitment

From Press Release

Westfield State students pose in front of the kindergarten classroom they built during winter break in Nicaragua.

WESTFIELD, Mass., February 17, 2016- Sixteen Westfield State University students travelled to Granada, Nicaragua during winter break to engage in international volunteer work.

This is the sixth consecutive year that Westfield State students and faculty have traveled to Nicaragua. Each year, they assist La Esperanza Granada, a local nonprofit that focuses on bettering children's education. The organization aids more than 2,000 children in poverty-stricken areas. The course was led by Kathi Bradford, director of Alumni Relations and Kelli Nielsen '04.

Since the course's inception Westfield State students have raised nearly $40,000 for the organization, $8,500 of which was collected for the January course. In past years, the groups were able to lay the foundation for three different classrooms and build an entire technology classroom in a new high school (which was fully funded by Westfield State fundraising), build an entire community center, and a technology classroom for the elementary school with an updated water system and new latrines.

This year, the group built an entire kindergarten classroom.

Bradford, who has taught the course each year, said she is amazed by how the city has progressed since the university's first course.

"It is incredible to see growth each year in the kinds of houses they are living in, the addition of better roadways, running water and classrooms," Bradford said. "For me, the legacy that Westfield State has in Nueva Esperanza is strong, present and part of that community."

Perhaps the biggest change Bradford has seen is the Nicaraguan people.

"I have watched children grow, move to high school and now, even graduate from college," Bradford said. "We are making a difference in their lives and ours."

Bradford said that the group of students who participated in the course this year stood out.

"This year's students were incredible," Bradford said. "They are truly passionate future teachers and others who brought language skills, music, a sociological perspective and more. Their learning, passion and commitment shows in everything they do."

Student Samantha Lee, '17 of Hopkinton, Mass., had previously taken the course and was inspired to take it again as a student leader. As a student leader, she was responsible for organizing math and literacy lessons to teach while in Nicaragua. She also communicated with the Nicaraguan workers and delegated tasks to her classmates.

"I was inspired to revisit Nicaragua because of the beauty and kindness the nation has to offer," Lee said. "I was brought back to the amazing hearts of the people I met my first trip there. The children are constantly bright and positive, reminding me to always look for the best in every situation and be thankful for everything I have at home."

Ashley McLaughlin '17 of Pittsfield, Mass. said she enjoyed interacting with the locals.

"The highlight of this course was being able to teach, talk to, and bond with the children in the community in which we were engaged," McLaughlin said.

"They were so patient, loving, understanding, and welcoming. I cherished the time I was able to spend with them."

McLaughlin also said that the course reaffirmed her career path.

"This experience definitely reinforced my career goals as an educator because it reminded me what I love so much about teaching and why having an education is such an important and valuable tool," McLaughlin said.

Lee said the highlight of the course for her was the very last day.

"We were able to see the workers starting the roof- a sight we did not think we would see, as the building was slow to start during the first week," Lee said.

"Our eyes were wide, proud of the work we helped complete. We celebrated with the students and ayudantes, singing and dancing and watching traditional Nicaraguan performances.

This day was a true representation of the hard work our entire class put in each day on the work site, and the love and compassion we were shown in return."

from the voice vault

*This article was published in the **April 22, 1982** issue of* The Westfield State Owl

Student Senate Votes on Budgets

by Donna Scaglione

Preceding the Student Senate meeting on Tuesday, March 30th, was the voting on amendments to the 1982-1983 Senate Budget. Various clubs have been allotted funds for their activities. Amending the budget provides an opportunity for clubs to seek additional funding.

Among those clubs seeking further aid was the Theatre Company. The company received an increase of $500. The T.V. Club received a $700 increase for copy paper and set construction. Its petition for a $1200 increase for a wire service was defeated. Many senators felt that the club had already been granted sufficient funds to work with. The club was granted a total of $2070.

The Exchange-USA Program received an increase of $1000 to lighten the traveling expenses for Westfield students who participate in the Exchange Program and must travel to Wisconsin, Alaska, and other distant states.

The Graphic Arts Club received an increase of $24 for supplies. The Radio Club was granted an increase of $591 for a microphone and 26 additional phono cartridges. The Iron Dragon Club's petition for an increase of $215 for registration at tournaments was turned down.

Senate held its weekly meeting on Tuesday, April 13th. Senate did not meet during the week prior to the April 13th meeting because of the Spring Blizzard.

The Student Life Committee expressed a concern with a recent incident which occurred on Westfield State's playing turf. The committee reported that an ambulance was unable to drive through the gates of the turf on to the playing field to assist an injured athlete. The ambulance driver allegedly tried unsuccessfully for five minutes to manuever the vehicle onto the turf. It was reported that the vehicle had to stop outside of the turf, and the driver had to walk on the playing field to the injured athlete.

Although this incident was not an emergency, many senators felt something should be done to the gates to enable an ambulance to assist injured athletes quickly and efficiently. The problem, Senate decided, will be worked on.

The Senate Banquet has been scheduled for Thursday evening, May 13th. Cocktail hour begins at 6:30. Dinner will be served at 7:30. Tickets will go on sale on Monday, April 26th in the Campus Center for $10 per student. The gala affair will be held at the Chez Josef in Agawam. The band "Justin" will provide the music. Students are advised to buy their tickets early to assure admittance.

Senior Class President Mary Gazzola reported that approximately 400 Seniors have not registered for graduation. Seniors must register in the Registrar Office in order to graduate.

Recently, Dickinson Hall residents were told that if they lived in a room on the second, third, or fourth floors ending in the numbers two, three, five, and seven and between sections "B" through "E," they could not have that room back for next year. These rooms were to be reserved for tripled freshmen. However, Dickinson Hall reported that 183 concerned residents signed a petition against this ruling and brought it to Housing Director Alan Crandall. Crandall agreed that these women should be allowed to keep their rooms for next year if they so desire.

*This article was published in the **November 1, 1982** issue of* The Westfield State Owl

Senate Proposes Academic Appeals Board

By Janet Kulpinski

The Student Senate held its weekly meeting Tuesday night, and discussed several campus issues and upcoming events.

Student Life reported on the completion of arrangements for a memorial service and dedication ceremony for Billy Proust, a mamber of the Junior class who was tragically killed in a construction accident earlier this summer. On Sunday, November 7, a memorial service will be performed by Father Dean at 12 noon. A placque in Proust's memory will then be presented to the Interfaith Center by President Pilecki, as is the custom in such instances. Pilecki and selected students will then attend a luncheon for the Proust family.

Freshman Class President Jill Whyte reported success in the pom-pon business, the class' first fund-raising event of the year. Pom-pons will continue to be sold at athletic events until the supply runs out. Jill also announced the first class meeting as being Monday, Nov.1.

Sophomore Class President Joe Spinzola had some interesting updated information on the class' celebrity auction held in early October. The girl to whom an item of Ted Knight's was sold wrote to the actor to thank him for his genorsity. Knight wrote back, and requested that a Westfield State sweatshirt be added to his already-ample collection of university sweatshirts, an item of which is worn by the actor on his CBS hit "Too Close for Comfort" every week. Once the sweatshirt is received, Knight will inform the college what episode he will wear the shirt in. On that date, a "Westfield State Night" of some sort will take place on campus. Details will be given once they are worked out.

OWL Editor-in-Chief Chip Crowley moved that Senate allow an additional $2000 to the paper so that it may maintain its weekly publication. Crowley said the paper is currently on a bi-weekly publication budget of $560 per issue, and that so far each issue has cost $590. "Obviously," said Crowley, "we cannot continue without more money, we'll be budget-less by the end of the semester." In making his case to the Senate, Crowley pointed out that the OWL is an organization that benefits the entire student body, in that it is reliable and provides useful information about what occurs on campus. When Crowley spoke to the Senate, the Budget Committee had already tabled his request for two weeks, during which time Crowley is to exhaust all other possibilities of funding sources. Based upon this, the Senate decided to table the motion for two weeks to see if something outside of Senate might be done for fund allocation.

The most-discussed issue in Senate was the proposal for an Academic Appeals Board, the outline of which will be sent to the All College Council and Academic Policies Committee for approval. After much debate on one of the proposal's points concerning the power of the Board to make any grade changes final, the Senate closed debate and voted to approve the proposal as written. More information will be provided on the proposal as it continues its way through the school's system.

Interested in other articles in 'The Voice' Vault?
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opinions & editorials

FRIDAY, FEBRUARY 19, 2016

The Supreme Court: through a modern view

Matthew Carlin
Interim Editor-In-Chief

As we have all heard, Justice Scalia tragically passed away over the long weekend on a ranch in Texas. As many have begun to speculate about the upcoming appointment, I wish to give a quick review of where the Court has been and hypothesize where it will be going depending on the justice selected.

First, let us look at what the Roberts' Court has done in the past decade in power.

Starting in 2005 upon the death of then Chief Justice Rehnquist, Chief Justice Roberts moved the court toward a more moderate conservative philosophy, as opposed to the literalist mentality of the Rehnquist court, exemplified in the usually dissenting opinion of Justice Scalia.

The Court has since seen many controversial cases including issues of gun control, marriage equality, capital punishment, and the like. Of these cases, though usually siding toward a more conservative agenda, the court has been moderate.

An example of this is when Chief Justice Roberts sided with the liberal side of the court in upholding the constitutionality of the Affordable Care Act (Obamacare). Such decisions are seen as both shocking and unpredictable with the old makeup of the Court.

Justice Scalia is man of unique opinions. As an associate justice, Scalia had over 200 dissenting opinions filled in his near 30 years in office. He would be considered a literalist when it came to the constitution where he would advocate for the "originalist" thinking of the constitutional framers, which is to say he looked at the constitution as a set contract rather than living document.

Scalia was a member of the "Federalist Society," which bases their beliefs off of Federalist Papers 78. These essentially state that the judicial branch dictates what law is, not what it should be. Though he was often in the dissenting opinion, Justice Scalia brought a different side to the Court that will be missed.

Now what will happen to the Court now that Scalia is gone?

Many have speculated that President Obama will have an appointment made by the end of his term while others staunchly believe it will be left to the next president.

Let us look at what the arguments are.

First, many believe that it is no longer Obama's choice and that he should allow the next president to pick the appointment.

That being said, many presidents do not give up the chance to appoint a justice to the Court easily. It is even speculated that if a democrat was to be elected president, and a vacant position was there, President Obama could be a nomination though it would most likely not happen.

Right now the court is divided equally on party lines with a 4v4 between conservatives and liberals; the next appoint would tip the balance in one party's favor.

The question that arises, though, is this: will Scalia's death convince the fairly aged court into retirement?

Many on the court are the same age as Scalia, and his death must have them answering questions on their own mortality, maybe convincing them it would be wise to retire now and enjoy the later portion of their lives.

The last Court justice to die in office was in 2005 with Chief Justice William Rehnquist and before then was in 1953 with Chief Justice Vinson. It would make sense that this rare event would spark a chain of retirements especially from Justices like Ginsburg and Kennedy who are the most senior members of the court.

In my view, Obama may not have one justice to nominate, but the next president will defi-

The Dangers of Generalization

Nathan Godard
Voice Columnist

Generalization is something that, as a human species, is natural to do. Generalizations are judgements that often make it easier to communicate with people we do not know; however, there are good generalizations and there are bad generalizations.

It is a normal human social behavior to see one individual with particular characteristics exhibit a particular kind of behavior and automatically assume an individual who you have not met with similar surface characteristics will exhibit the same behavior.

In the same sense, it is unfair to generalize a whole group of people, whether categorized by ethnicity, race, or other subsets, based upon the actions of a small percentage of that group of people. It is not only wrong, but it is also hateful; however, it is also human nature. The human race has countless years of evolution behind them. Is it possible to evolve from these petty differences?

Right now, Donald Trump has painted the Muslim population as evil and threating. He has generalized the actions of a disproportionate few onto the overwhelming Muslim population. This is out of fear and paranoia, as well as part of a campaign party platform. He believes that closing the door to Muslim immigrants and deporting Muslims from the United States is the best for national security. If Trump succeeds, he would not be the first to generalize a group of people because of the actions of another regime.

During World War II, the United States forced thousands of Japanese people from their homes to live in internment camps. According to some accounts, the reason for this was to protect the Japanese Americans from non-Japanese individuals wanting to create violence against them. Others say that this was done to isolate possible Japanese sympathizers or spies. Either way, this was done out of fear and was a generalization of a group of people made under the guise of national security.

To play Devil's Advocate, the logic behind both of these generalizations is basically sound. If they believe national security is at risk, then they have no time to determine whether or not they are making a generalization. According to this logic, objectifying a few thousand people and treating them like second-class citizens or enemies of the public is the tradeoff for potentially saving thousands of lives. There are some jobs in American National Defense that will not dabble in a social injustice debate such as this if they feel they are doing the right thing for the nation.

Many people in positions of power do not base their decisions on how they will affect individuals, but on how they will affect society as a whole. The world is not a pretty place. Sometimes terrible decisions have to be made in which neither side truly wins. At the very least, the everyday person can make an effort to see a fellow citizen as a person and not make assumptions about their identity or character based upon their race or ethnicity. At the very least, we can refrain from using harsh generalizations as a political bargaining chip and political campaign platform.

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Immigration Gridlock USA

Nick Reidy
Voice Contributor

As the 2016 presidential race heats up, we have had several Republican candidates covering a multitude of current issues facing our nation, including the economy, jobs, healthcare, and international terrorism. One of the most pressing topics, however, is immigration reform.

The frontrunner candidate in the Republican national polls, billionaire business mogul Donald J. Trump, has proposed perhaps the most controversial initiative, which is to build a giant wall that would span the U.S./Mexico border in order to stop the avalanche of immigrants flowing illegally into the country. Is that really necessary?

Surprisingly, many say yes. To better understand the divided American mindset on immigration, we must look deeper into this issue and consider the recent events that have surrounded it and the effect it has had on our country.

At the beginning of his second term, President Barack Obama launched a series of executive orders that allowed five million illegal immigrants already residing in the country to stay, protected from deportation. This comes in the midst of a second term where there has been a major push for comprehensive immigration reform to allow the 11 million illegal immigrants already in the country a path to citizenship.

Obama, however, has gotten a lot of criticism over these actions. Many people are against these immigrants being allowed to stay in country at all, and say that President Obama went outside his presidential authority.

To some, this attitude is perplexing because America is a nation of immigrants. The U.S. has a long history of people migrating from other distant lands in order to escape poverty, religious discrimination, war, and famine to find salvation in the land of the free. So, if immigration is a traditional and foundational American standard, then why are so many people against allowing illegal immigrants to stay in the country?

The pro-immigration campaign believes that illegal immigrants have the right to stay in the country to pursue a better life for themselves and their families. They also believe it is our responsibility as Americans to accept these individuals as automatic citizens and make sure they are set on the right path to prosperity.

We can look back even before the birth of the United States, from Europeans trying to escape religious discrimination and prejudice and populating the original English colonies to immigrants migrating in droves to the U.S. to find work and better paying jobs later in the 1900s.

Some of these immigrants entered the country illegally but were generally good, law-abiding citizens and productive workers; however, unlike these immigrants of the past, most of the illegal immigrants presently in the U.S do not hail from Europe.

In fact, this new wave of immigrants hail from south of the border between the U.S. and Mexico, meaning most of the illegal immigrants are Latinos and from Mexico and Central America. According to a CNN news report in 2012, over 59 percent of the illegal population residing in the U.S. is Mexican, six percent come from El Salvador, five percent from Guatemala, and three percent from Honduras. So, over all, Latinos make up the majority of the illegal immigrant population in the U.S., according to CNN.

This has caused great controversy with the Latin American community in the United States because many of their families originally moved to this country to build a better life for themselves, much like these immigrants are trying to now.

Many supporters of immigrants in the U.S. were originally immigrants themselves. These people may have moved to the United States to become legal citizens or apply for work visas, leaving their families behind in poor, third-world countries like Honduras. These supporters sent an emotional plea to the government to allow these immigrants a path to citizenship in order to reunite with their families again. These people became known as "dreamers" after the hope of passing the DREAM Act, which would allow this path to citizenship for the 11 million illegal immigrants presiding in country.

Circumstances regarding immigration have changed immensely, especially economically and geographically. Back in the 1800s, much of the present day United States was unpopulated wilderness, so immigrants were able to flow into the country and follow the American philosophy of manifest destiny: expanding westward and settling down with large amounts of rich, fertile land.

Then, in the wake of World War II, America's manufacturing industry boomed. It was then the largest in the world, making everything from cars to furniture, expanding the middle class, and providing numerous jobs with good wages and company benefits for working-class Americans.

This allowed a lot of immigrants to flow in from abroad to take jobs in factories or fill in less attractive work other Americans would not like to do, such as cleaning houses, painting, or landscaping properties.

Now, things have changed drastically in the United States. According to the U.S census bureau, the country is now populated with over 319,400,000 million people coast to coast, so resources are more limited per person.

Also, the U.S. is presently recovering from an economic recession due to a variety of reasons, including inflation, stock market crashes, and globalization. When I say globalization, I mean that most of the manufacturing industries previously mentioned that were the lifeblood of this country have now been outsourced to Asia. This is due to worker and material costs being cheaper over there than in the U.S., resulting in a lot of middle-class American workers getting laid off and replaced with foreigners.

This is where the anti-immigration sentiment starts coming in. Due to the job shortage, these middle-class workers have to resort to more contemporary jobs, like fast-food jobs, which makes one of the defined points of the anti-immigration campaign that illegal immigrants entering the country create more job competition for legal out of work/job-seeking citizens.

"Advocates of tougher enforcement say undocumented workers are taking jobs from U.S. citizens, but many business and agricultural groups say migrant workers are needed to fill jobs unattractive to U.S workers," said researcher for CQ Press Kenneth Jost.

The reason for the recent increase in anti-immigrant settlement is the border crisis. This involves over 50,000 unaccompanied minors illegally crossing the U.S/Mexico border to flee violence and poverty in Central American countries (Times). The reason for the increase in anti-rhetoric is that once immigration authorities caught these children, they claimed political asylum and were shipped north into the U.S to holding centers to be housed while being legally processed. This made many community members where the processing and holding centers were located very angry. These community members would have to pay increased taxes to cover for these children's housing, medical, and necessity expenses. To add to all that, these children were going to petition in court for their right to stay in the U.S., so President Obama had to ask Congress for $4 billion to cover state legal costs for the court cases. This meant $4 billion lost in taxpayer revenue.

Prior to the border incident, 73 percent of Americans, including 64 percent of Republicans, supported a pathway to citizenship. This is because of their belief that it is the U.S.'s responsibility to look out for and improve the im-

see **Reidy** *on page 3*

arts & entertainment

FRIDAY, FEBRUARY 19, 2016 MONIQUE DESNOYERS, EDITOR

quick hits

as of Feb 16, 2016

Top 10 Singles

1.Pillowtalk – Zayn
2.Love Yourself – Justin Bieber
3.Sorry – Justin Bieber
4.Stressed Out – twenty one pilots
5.Hello – Adele
6.Summer Sixteen – Drake
7.Work – Rihanna feat. Drake
8.My House – Flo Rida
9.Roses – The Chainsmokers feat. Rozes
10.Me, Myself & I – G-Eazy x Bebe Rexha

Top 5 Albums

1.ANTI – Rihanna
2.Islah – Kevin Gates
3.25 – Adele
4.This Is Acting – Sia
5.Purpose – Justin Bieber

Top 5 Movies

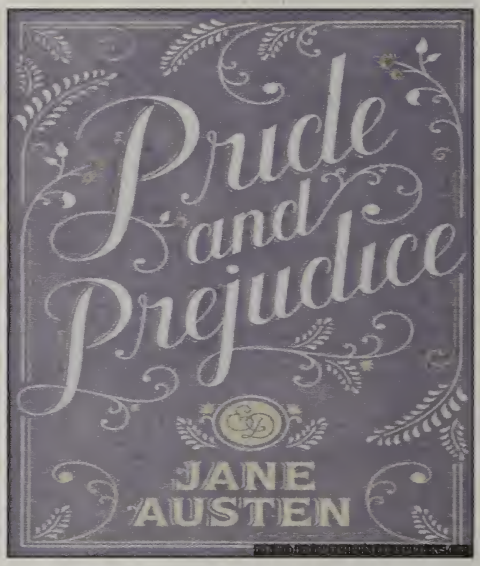
1.Kung Fu Panda 3
2.Hail, Ceasar!
3.Star Wars: The Force Awakens
4.The Revenant
5.The Choice

Upcoming DVDs

1.Black Mass
2.The Iron Giant (Signature Edition)
3.Criminal Activities

Jane Austen: an author ahead of her time

Monique Desnoyers
A&E Editor



Most of you are probably guilty of this common response to the suggestion that you read "Pride and Prejudice," by Jane Austen: "No. She writes girly romance novels."

Well, I am happy to tell you that such a response is an enormous understatement of Austen's novels. You may think "Pride and Prejudice" is just a story about Elizabeth Bennet and Mr. Darcy's journey towards true love along with their friends and family. If this is the case, then you are completely missing the point behind Austen's hilarious writing. She writes romantic fiction, but she uses the genre in a way that pokes fun at an obsession with marriage and fairytale romance. Her witty use of irony makes "Pride and Prejudice" a book originally published in 1813, modern and enjoyable for anyone to read.

We live in a time that is full of ironic culture, but I challenge you to find a good example of clever irony that can measure up to Jane Austen.

Sure, the hipster subculture has emerged more recently than Austen; however, is making something nerdy and funky to the point of "cool" really that cunningly ironic? Instead of just throwing it in your face, Austen artistically weaves verbal irony into "Pride and Prejudice" so well that, if you are not paying attention closely, you could miss it.

For example, Austen's first few sentences in the popular novel are as follows: "It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife...he is considered the rightful property of someone or other of their daughters."

If these first few sentences do not have you smugly chuckling then you are taking Austen far too literally. By sarcastically saying that a man with money "must" be looking for a girl, and that he is her "rightful property," Austen is criticizing a ridiculous obsession with marriage.

If her opening statement does not convince you that Jane Austen uses her talent for writing romances as a form of satire, then the character of Mrs. Bennet will. The overbearing mother of five girls manages to make everything about marriage. One of the first comments she makes when discussing the arrival of the wealthy George Bingley is about his relationship status: "Oh! Single, my dear, to be sure! A single man of large fortune; four or five thousand a year. What a fine thing for our girls!"

Jane Austen makes her most absurd character the most obsessed with marriage to show that she as an author thinks romantic obsessions are ludicrous. Mrs. Bennet is bossy, stubborn, and anxious. She is basically the Claire Dunphy of nineteenth-century literature.

The talented author also manages to create humorous situations that rely on a witty use of language and irony. Lady Catherine de Bourgh's disapproval of the socially unacceptable romance between Elizabeth Bennet and Mr. Darcy is a great example of Jane Austen's satirical verbal irony. The wealthy aunt goes out of her way to visit Elizabeth in an effort to break up the couple. What in a typical romance would be a very serious obstacle becomes a satire of the superficially gentile society of the age.

Lady Catherine manages to make slights towards Elizabeth's social standing while still maintaining proper manners. For instance, at one point she says, "This must be a most inconvenient sitting room

see **DESNOYERS** *on page 3*

Horoscopes

May the stars be ever in your favor...

Aries
(March 21-April 19):
Aries are people who crave excitement and love taking risks. Take it down a notch; those who play it safe are the ones who live long lives.

Taurus
(April 20-May 20):
Be wary of your belligerence, Taurus. Tauruses do not possess the intelligence necessary to win a debate.

Gemini
(May 21-June 20):
The position of Jupiter suggests a stroke of good luck on the horizon. Maybe if you left your house once in a while you'd make it to the horizon.

Cancer
(June 21-July 22):
Put off all of your home improvement projects unless you are willing to pay an arm and a leg.

Leo
(July 23-August 22):
That new person in your life who you think is your saving grace? They are a Taurus.

Virgo
(August 23-Setmepber 21):
You will be biting off more than you can chew this week. Make sure to eat with a friend who knows the Heimlich.

Libra
(September 22-October 23):
Do everything in your power to stay away from radioactive substances this week.

Scorpio
(October 24-November 21):
Scorpios are terrible at maintaining healthy relationships. If you have a significant other, assume he or she is with you for the wrong reasons.

Sagittarius
(November 22-December 21):
Great fortune will be reining down on that friend of yours whom you have always been secretly jealous of.

Capricorn
(December 22-January 19):
All of your endeavors in life have become utter failures. It is time to drop out of school and peruse cosmetology.

Aquarius
(January 20-February 18):
That big goal you have been working towards will be achieved this week—if you are willing to sacrifice sleep and your social life.

Pisces
(February 19-March 20):
The stars report that your week will be incredibly uneventful, Pisces.

gail's guidance

Dear Gail,

What should I do if my BF doesn't like when I go out even when I invite him?

- Wants to party

Dear Wants to Party,

Gail is out of the office for the night, so I, her husband, will be filling in for Westfield's most qualified and reliable life expert. Relationships can be great.

Since I have been married, I have been graced with a partner who always volunteers to groom the dog and the children, exfoliates my foot skin every night with the Ped Egg, and never judges me when I get too emotional at Fetty Wap concerts.

What I have learned from my experience in a healthy relationship is that your significant other has no right to control your day-to-day activities, unless they are harmful to your health.

You should not stand for your boyfriend's disapproval of you going out without him. This notion stems from distrust, and is not in any way fair to you.

In fact, I orchestrated a surprise Galentine's Day for my lovely wife on the eve of Valentine's Day. Gail and her gaggle of her middle-aged friends enjoyed some cheap vodka crans and tore up the dace floor at Shenanigans until the break of dawn. Not once did I fret about her flirting with a callipygian college man.

Lo and behold, she returned home safe and sound with her fidelity intact. If your boyfriend's aversion to you going out without him becomes a strain on your relationship, you need to have a straightforward conversation about the importance of trust.

If all else fails, I would be happy to introduce you to my handsome son. He may only be a senior in high school, but he is the best tenor in his choir and he can do amazing things with a lacrosse stick and a Ped Egg.

Good luck!
Ya boi Gail's husband

owls athletics

FRIDAY, FEBRUARY 19, 2016 MICHAEL BARRY, EDITOR

Senior Captain Dalton Jay breaks school scoring record!

Owls hockey beats Worcester State

Andrew McGill
Voice Reporter

You could easily say senior night went well for the Westfield Owls hockey team, as they were able to trounce the Worcester State Lancers by a lopsided score of 7-2.

Senior Dalton Jay certainly played as if it was his last game, as he was able to score a hat trick, with all three of his goals coming in just the second period. On Jay's second goal of the night, he became Westfield State's top goal scorer since the team was reinstated back in 2008 with 51 goals.

The scoring started for Westfield in the first period, when Joseph Napoli wristed a shot from the slot and beat Lancers goaltender Max Kirkwood. Both Sophomore Roman Pfennings and Freshman Wyatt Trembley were given assists on the play.

The Owls really broke it open in the second and never looked back. The offensive outburst came in the form of five goals in the second period. Three of them were credited to Jay, completing his hat trick; the others came from Trumbley and Freshman Aaron Clancy.

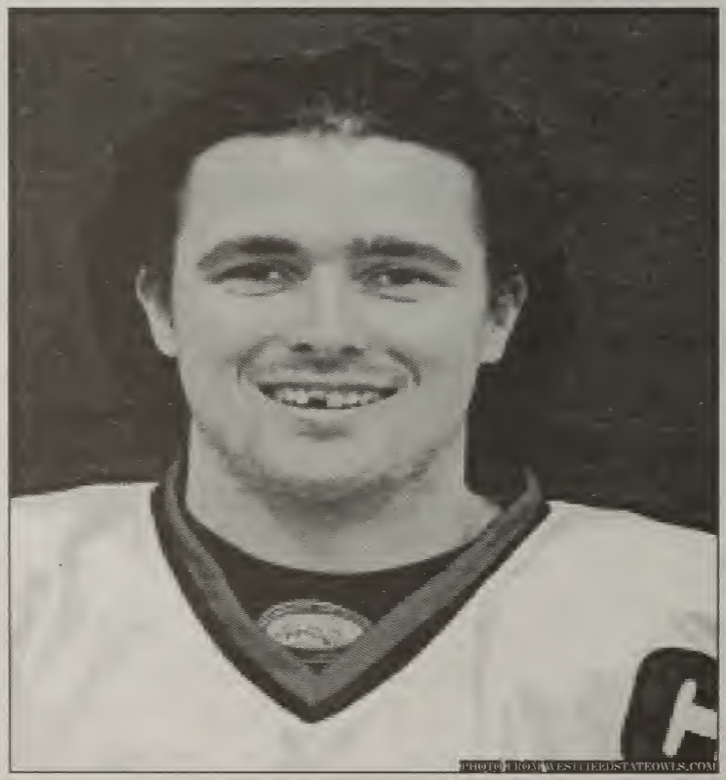


PHOTO FROM WESTFIELDSTATEOWLS.COM

The scoring did not stop there, as the Owls tacked on another goal in the third period off of the stick of senior defenseman Kyllian Kirkwood. The seven unanswered goals would be enough to hold the lead, allowing Senior Goaltender and Westfield native Evan Moorhouse to get an opportunity in between the pipes.

Moorhouse became the first native of Westfield to ever suit up for the Owls and was able to make five saves on seven shots during his time in net. Junior goaltender Jonathan LoParco logged 54 minutes on the ice, while stopping all 27 shots he faced.

Dalton Jay's play also earned him the honor of MASCAC player of the week. His offensive totals include 17 goals, four assists, and 21 points in 23 games so far this season. With just two games remaining, Jay can add on to his career goal total as well as his Westfield goal scoring record.

The Owls return to the Amelia Park Arena one more time on Thursday Feb. 18 at 7:35 p.m. to take on the Framingham State Rams.

Westfield only sits one spot up in the MASCAC standings on Framingham, but should come to play if they want to gain ground in the standings on UMass Dartmouth and Fitchburg State, who both sit within a point of Westfield.

Westfield men's basketball able to grind until the very end

Andrew McIntosh
Voice Reporter

Westfield State men's basketball went 1-1 in their final two home games of the season, beating Elms College 73-71 and then falling to Salem State University 79-68.

This team has had many ups and downs, but one thing is certain: they fight hard for the entire game. There were multiple games this season that were decided by only a few points, which could have shaped the season differently if a few plays bounced the Owls way.

In the win against Elms College, the Owls trailed 44-41 at the end of the first half. The Owls came back out in the second half to outscore Elms College 32-27 and were able to pull off the tight win.

Jesus Sanchez was the main source of offense for the Owls, shooting 9-15 from the floor while going a perfect 5-5 from the three-point line. Sanchez scored a total of 26 total points and added three assists to his stat line.

Jose Allen and Shane Pasquantonio both scored 13 points, and the team as a whole shot 45.9 percent from the floor. The Owls were effective down low, scoring 32 of their points in the paint, which was eight more than Elms. Westfield's bench also contributed 17 points.

The Owls did a great job at limiting easy inside opportunities for Elms College, which really helped contribute to this win. By making Elms settle for outside opportunities, the Owls defense gave them the best chance to win this game.

Westfield was able to grind until the end to pull off this win, improving their record to 10-12. In the game against Salem State University, the Owls trailed 39-31 going into the second half.

PHOTO FROM WESTFIELDSTATEOWLS.COM

Their performance did not fair much better after the fact and were outscored 40-37.

This team is now 4-6 against in Conference opponents.

Once again, Jesus Sanchez was the main source of offense. Sanchez shot 7-16 from the floor and went 2-2 from the three-point line. Sanchez was able to get to the free throw line consistently in this game, shooting 10-11.

Jose Allen went 4-8 shooting to score 8 points and Shane Pasquantonio scored 13 points off the bench.

As a team, the Owls shot 46.2 percent from the field. Once again, Westfield had a strong game in the paint, scoring 36 points down low. They were also effective converting turnovers into points, scoring 12 points off of turnovers.

Senior night did not go as planned for the Owls, but they have two more games to finish the season off on a high note. The Owls will close out their home schedule against in-conference rival Bridgewater State University, who they beat earlier this season 78-70.

They will end their season at Worcester State, hoping to beat the Lancers, who they lost to earlier this season 89-88.

Saying goodbye to the greats: the fading stars of today's sports landscape

Devin Bates
Voice Reporter

For college-aged sports fans, these past two weekends have brought us something relatively unfamiliar: the end of an era. Two weeks ago, we watched as the final minutes ticked away from Super Bowl 50 and, presumably, Peyton Manning's career.

The Broncos' victory capped off a career that has essentially spanned our entire lifetime, which is a relatively new phenomenon for us. Just this past weekend, we watched Kobe Bryant participate in his 18th and final All-Star Game, part of a final crusade that will send off the historic Los Angeles Laker who has been draining buckets since we were in diapers.

As a generation, we have seen many great players hang it up, like legends Brett Favre, Ken Griffey Jr., and Shaquille O'Neal. We even witnessed, albeit through very young eyes, Michael Jordan wrap up his career as a member of the Washington Wizards. Even that, however, is different.

We never saw Michael in his prime; he was just the aging star on the Wizards. We were too young to truly recall Shaq tearing it up in the early 2000s. These were greats of a previous era; however, Manning and Kobe are our guys. They are the ones we will be telling our grandkids about, just as our grandparents told us about Bill Russell and Yogi Berra, and we will talk about how the game was never the same when they left.

For us, 2016 will mark the beginning of the end for our childhood stars. As early as we can remember, these guys were on our television: watching golf with your dad on Sunday with Tiger Woods in his signature red shirt winning another major; turning on SportsCenter after a long middle school practice to see that Kobe dropped 50; and tweeting about how much you hate Peyton Manning and his dumb forehead after he makes it to the Super Bowl.

These guys have been a constant in our lives, and until now, they are all we have known.

It is almost impossible to envision a Lakers team led by D'Angelo Russell and Nick Young. All of a sudden, the players we looked up to are retiring, and players in our age bracket are replacing them. No longer are they our role models; they are our peers.

The sports landscape is constantly changing, and the stars of today will soon fade out and give way to a new generation of superstars; a generation that is younger and different than us.

Take time to appreciate the greatness of current athletes while you still can because they will not be around forever.

Some day, years from now, you will look back at their accomplishments and recall just how marvelous they were. Until then, we have it pretty good.

Upcoming NFL draft excites football fans

Jack Corsi
Voice Reporter

The NFL season is over, and Tuesday was the last possible day to franchise tag players. This also means that the Combine and the Draft are right around the corner. There are a few good quarterback prospects in this year's draft, which will have teams wondering if one of them could be their franchise guy.

The first prospect that we will take note of is Jared Goff from California. Goff was a highly touted prospect before the college season began; however, like most Cal QBs, he kind of faded away and did not really impress throughout this past season.

Is he talented? You bet he is, but I am unsure if he will be able to get it done on the next level. Mike Mayock has this kid as the number two-rated QB, and I completely disagree. This kid has potential, but I think he can hit rock bottom just like that.

Next up is an FCS QB out of North Dakota State. Yes, you read that right. No, I am not joking. Carson Wentz, in my eyes, has the potential to be like Joe Flacco, a consistent NFL QB who will get his ring sooner rather than later.

Wentz should be the first QB off the board in this year's draft. Why? He is a proven winner; that is all he did at NDSU. This kid played in a pro-style offense and should be ready to start immediately. Please, oh please, let's hope he does not land in Cleveland or Dallas. Those two teams could ruin this thoroughbred talent.

University of Memphis is known predominantly for basketball and players like Derrick Rose and Tyreke Evans. This year, they may be known as a school with a QB drafted in round one. Paxton Lynch is a player who a lot of people are underselling because of what is being called "bad footwork."

This is something that is easily fixable if he lands with the right team. Lynch may be the answer for a team like the Eagles and new coach Doug Pederson, but let's not get ahead of ourselves just yet.

What is there to say about Connor Cook? He was a big-time winner as a Michigan State Spartan and is a very good quarterback, but he lacks in his passing accuracy. This could really hurt Cook's draft stock; however, he is a big body and can easily take a hit. He played in the BIG 10 and had to face Stanford, so trust me, this kid can take a hit.

PHOTO FROM SCOUT.COM

Cook could be taken before Lynch, but Lynch could also easily be taken before Cook. It is as simple as that.

Former Mississippi State Bulldog Dak Prescott is a player who is being undersold. This kid showed the world that he could flat-out play in a stacked SEC. He impressed at the Senior Bowl but is being hurt by comparisons to Tim Tebow. That is something that could really hurt him in the long run, but I think if you take the chance with Dak, you are definitely taking a good chance. While they have similar playing styles, he is easily a better thrower than Tebow ever was.

Other names to watch are Kevin Hogan, Cardale Jones, and Christian Hackenberg. These three were guys to watch going into last season, especially Jones, but they did not impress.

Hogan is one who I think very highly of because of his winning history at Stanford. I like his potential, and he could easily be a quality backup.

For Hackenberg, he may have been a Heisman finalist if he had an o-line while at Penn State. If his receivers did not drop passes, Hackenberg would be a second-round talent.

Jones had four good games on his career, and I do not see why everyone thought he was a stud in the first place.

The draft is one of the best events of the year. We are only a few weeks away from hearing Goddell get booed, and Jets fans booing their pick.

Oh, boy. I cannot wait.

Are you interested in sportswriting?
Do you want to build your writing portfolio?

Get in touch with our sports editor Mike Barry, and join The Westfield Voice!

Games & Leisure

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Geometry

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ACUTE
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AREA
BASE
BISECT
CHORD
CIRCLE
CIRCUMFERENCE
CONE
CONGRUENT
COORDINATES
CYLINDER
DIAMETER
EQUATION
EQUIANGULAR
EQUILATERAL
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FORMULA
HEIGHT
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INTERSECT
ISOSCELES
LEGS
MIDPOINT
OBTUSE
PARALLELOGRAM
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PERPENDICULAR
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PYTHAGORAS
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RADIUS
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SCALENE
SECANT
SEGMENT
SIDE
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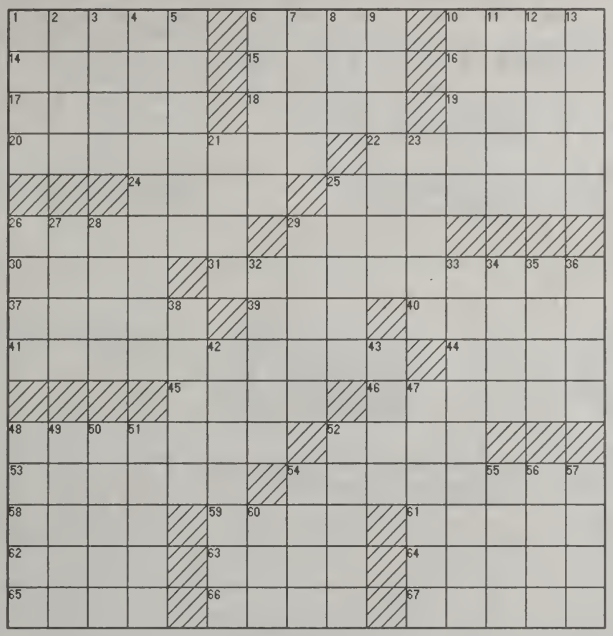

ACROSS

1. Russian country house
6. Actress ____ Merrill
10. Prefix meaning alongside or similar
14. Angers
15. Already cited
16. Ends a prayer
17. Yellow Dutch cheeses
18. Quote
19. Town (slang)
20. People with above average intelligence
22. City in the Bahamas
24. Commune with God
25. Hears with attention
26. Season
29. Male offspring
30. Woodwind instrument
31. Becoming greater or more numerous
37. Equip with better weapons
39. Mineral bearing rock
40. Kind of tooth
41. Fatiguing
44. Thomas ____ Edison
45. Central American Common Market
46. Subsided or ceased
48. Seduce or corrupt
52. Frauds
53. Powerful flow
54. City of birth
58. Smile
59. Supplements with difficulty
61. Motion picture
62. Mountain (abbrev.)
63. Rubber wheel
64. Inactive
65. Beers
66. Specifications (abbrev.)
67. Largest asteroid

DOWN

1. Sediment
2. Assistant
3. Tribe
4. Bugs, lice and aphids
5. State confidently
6. Potentially hazardous (slang)
7. Wading bird
8. Louse
9. Purine base found in DNA
10. Makers of Blue Ribbon Beer
11. Entertain in a playful way
12. Broadcasted again
13. Black hornless beef cattle
21. Indian dress
23. State in northwest India
25. Actress Sophia _____
26. Scraped or rubbed
27. Wild goat
28. Built the Ark
29. Loosely woven cotton cloth
32. V-shaped cut in wood
33. Metamorphic rock also called Steatite
34. Ailments
35. Central part of a church
36. Graduate (abbrev.)
38. Protective secretion
42. Small bags
43. Steal
47. Deficient in red blood cells
48. Doctrine
49. Enlist
50. Salt water
51. Parental sisters
52. Cosecant (abbrev.)
54. Not there
55. Finished
56. Metal thread
57. Meshes
60. Currency of Laos

Maze

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
2/19	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
2/19	7:00p	Intervarsity Christian Group	UHall 3rd Floor
2/21	10a-12p	Ladies Who Lift—Learn about the weight lifting! Women ONLY	Ely Fitness Center
2/22		Sodexo Spring Survey Starts!	MyWestfield
2/22	6:00p	FREE Math MTEL Workshop	Wilson 418
2/22	6:00p	Film Screening: Creed	Owl's Nest
2/22	7:00p	Zumbathon Fundraiser for Baystate Hospital	Scanlon BNQT Hall
2/23	8:00p	Open Mic Night: Tribute and Honor	Owl's Nest
2/24	2:00p	Syllabi, Assignment Schedules, & Tests	Banacos Center
2/24	4:00p	Presentation: Black Male Identity	New Hall
2/24	6:30p	Mysteries & History of the Constitution: The Role of the Supreme Court	Scanlon BNQT Hall
2/25	4:00p	Film Screening: A Prince Among Slaves	Owl's Nest
2/25	6:00p	Commuter Council Weekly Meeting	Ely 044
2/25	7:30p	MTG Presents: The Wedding Singer—Playing 2/25 to 2/27	Dever Stage
		Tix. $2 for students, $5 general admission. Sold at door only.	
2/26		Last day to withdraw from session A classes!	
2/26	8:00a	Christian Group	Uhall 3rd Floor
2/26	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
2/26	7:00p	Intervarsity Christian Group	Uhall 3rd Floor

the wedding singer

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mkelloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 ***IT (Wilson) - 5528***

The Westfield Voice

FRIDAY, FEBRUARY 26, 2016

westfieldvoice.com
@westfieldvoice

Judge Greaney presents the "mystery and history" of the Constitution

Matt Carlin
Interim Editor-in-Chief

This past Wednesday night, the honorable judge John M. Greaney spoke to the Westfield community on the "mystery and history" of the Constitution. The former Associate Justice of the Supreme Judicial Court of Massachusetts and Director of the Macaronis Institute for Trial and Appellate Advocacy at Suffolk Law School lectured on possible constitutional questions that may arise in the coming years.

The judge practiced law for a decade before being appointed as a judge. He joined the Supreme Judicial Court of Massachusetts on Sept. 9, 1989 and has proved to be a very active member for the court and the commonwealth.

Using ten essential questions to guide the lecture, Judge Greaney began the discussion with asking a simple question of whether the Constitution actually has any support for "democratic socialism."

He affirmed that the knowledge and language of the Constitution would actually allow for it.

In doing so, it seemed as though he offered the large crowd of students, staff, and community members a taste of what was to come: does the Constitution support a candidate like Bernie Sanders?

Judge Greaney then prompted the crowd with a loaded question: "Where does it say in the constitution that the Supreme Court of the United States have the final say/supreme authority on constitutional interpretation?"

His reply?

"Nowhere."

Judge Greaney guided his listeners through a brief lesson on constitutional history and why certain concepts Americans generally take as facts are actually created outside the Constitution.

According to Greaney, the drafter/framers of the Constitution knew that the document would only be an outline and loaded with a plethora of ambiguous terms and phrases. These are what have created the actual work for the Supreme Court, highlighting the ambiguity as to what "due process" and an "explicit right" from the Constitution actually are.

Next, the judge broke down the types of methods of interpretation judges use, whether it is originalist or non-originalist thinking. These can also be literalist vs. progressive modes of thinking. Essentially, originalist/literalist thinking requires one to venture and study the ideologies and practices of the historical time period of the framers of the constitution.

As the judge put it, people like this would believe that certain court cases that lead to social progress—like Goodridge v. Department of Public Health—would not be possible because the framers would never have considered these types of scenarios, never mind accept them.

He also set the record straight on issues like "natural born citizen" originalist thinkers like Ted Cruz, who would probably be considered ineligible to run for president according to this thought process.

Progressives and/or non-originalists look at the current state of the country and interpret the Constitution based off of that. In other words, the Court adopts a type of political thinking in which the justices read the newspaper, too.

Progressive thinkers tend to side more liberally on issues like gun control and affirmative action. Non-

see **CARLIN** *on page 17*

In this week's issue

Campus pages 1-5
SGA
Voice Vault
Crime Log
Op-Ed page 6
An Appeal
A&E pages 10-12
'Knowing to Cook'
Revenant
Kung Fu Panda
Sports pages 14-17
Men's Hockey
Basketball
Gronkowski
Xander Bogaerts

The objective student press of Westfield State University

VOLUME VII, ISSUE XV

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FRIDAY, FEBRUARY 26, 2015

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE

Two leaders of the Black Lives Matter campaign, Opal Tometi and Janaya Khan, gave a presented to students at Emerson College. Tometi and Khan urged students to draw attention to racism through social media.

The New Hampshire,
U. OF NEW HAMPSHIRE

Democratic candidates Hillary Clinton and Bernie Sanders will be holding a debate Thursday, Feb. 25 at UNH's Johnson Theater. There will be a rally held at 4 p.m. outside UNH's Paul Creative Arts Center.

The Daily Collegian
U. OF MASS AMHERST

Wednesday, Feb. 24, William McKeown, who was arraigned on charges of robbery, assault and battery, and assault and battery with a dangerous weapon, was released on bail. McKeown will be put under house arrest GPS monitoring.

The Washington Square News,
NEW YORK UNIVERSITY

Dahlia's, a popular bar among NYU students, had its liquor license revoked this past weekend. A raid was held Jan. 30 in which 40 patrons were found to be underage.

President Torrecilha addresses SGA

Sandra Mercer
Copy Editor

PHOTO BY DELANEY GRAHAM

On Feb. 23, the Student Government Association welcomed President Ramon Torrecilha to speak at their weekly meeting.

"At some point, we'll do a selfie," he opened, getting a laugh from the senators.

President Torrecilha remarked that he had just completed his first month as president of the University, and that he has never felt better both professionally and personally. Within this first month, the president attended Governor Baker's 1st State of the Commonwealth Address, welcomed Elizabeth Warren to the university to speak about student debt, and sent out the first Presidential Survey. The president encouraged all students to complete the survey, which is available on myWestfield.

One of the first decisions President Torrecilha faced as president of the University was the allotment of an extra $246,000 in funding from the state. Immediately, the president recommended that all of the money be allocated to students. With this, a new center for student research and creative works was born.

President Torrecilha also encouraged students to introduce themselves when they see him on campus.

"Stop. Shake my hand. Introduce yourself. Tell me where you came from. Tell me what you are doing and where you are going. And most importantly, tell me about your experiences at Westfield State University," he said.

The president also emphasized that the graduating seniors should give back to Westfield once they leave, just as Westfield has given to them.

The first question came from Vice President of Programming Haley Batchelder, who asked the president if the University was looking into more graduate programs in the future. President Torrecilha agreed that more graduate programs are needed at Westfield State, as the need for a master's degree is becoming more and more prevalent in the job markets, and that the University would be getting more graduate programs in the future.

SGA President Evelyn Dina told President Torrecilha that the director of the Counseling Center spoke to senate the previous Tuesday and many questions about the need for more space and counselors had been asked. She asked the president if there was any talk of expanding the Counseling Center in the future, as it is a vital resource to the campus community. President Torrecilha acknowledged how important it is to have the Counseling Center on campus providing these resources, and that the needs of the campus population are much greater than what the center currently has. As for the future, he said that there will be further expansion, but when that expansion will occur is unknown. He again emphasized the importance of counseling on campus, as he lost someone to suicide, and this subject hits close to home.

Ryan Losco, parliamentarian and senior class president, asked the president what he was looking to change or improve at Westfield State. The president commented that he was still in the process of observing the University, and stressed that he did not want to make any drastic changes right away that could have adverse effects. He said that he wants to take his time to listen, observe, and think before making any changes just yet.

Vice President of Academic Life Jon Cubetus mentioned the possibility of President Torrecilha moving his office on campus and asked if this was, in fact, true. The president confirmed this, and said it was something he has been looking to do since his initial interview process.

"I felt a disconnect from the campus," he said. "It was too far. It was away from the students, from the action, from the faculty, from the staff."

President Torrecilha hopes to eventually move his office on campus. Ideally, the president would like to have his office in the library, as it is the best way to be available to students, and it sends a message about the priorities of the University.

Student Trustee Justin Connolly asked how the president was adjusting to both Massachusetts and the University. He was curious to know what he learned in his first month as president that he did not know before.

The president acknowledged that his transition to the University was a transition for everyone involved but that things were going well. He joked that the harsh winters he was warned about were not as harsh as he thought, and that he noticed the University was still healing from the events that occurred a few years ago.

Cam Swan, Class of 2019 representative-to-senate, mentioned that the college search

see **Mercer** *on page 13*

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Larceny	16-42	2/1/2016	1/30/2016	1500	Dickinson Hall	On	Investigated
-Drug Law Violation	16-43	2/1/2016	2/1/2016	2036	New Hall	On	Referred to Student Conduct
- Drug Law Violation	16-46	2/4/2016	2/4/2016	1143	Juniper Park West Lot	On	Referred to Student Conduct
- Liquor Law Violation	16-50	2/5/2016	2/5/2016	2037	Lammers Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-51	2/5/2016	2/5/2016	2124	Courtney Hall	On	Referred to Student Conduct
- Liquor Law Violation	16-52	2/5/2016	2/5/2016	2328	Scanlon Hall	On	Referred to Student Conduct
- Drug Law Violation	" "	" " "	" " "	" " "	" " "	" "	" " "
- Liquor Law Violation	16-6-FI	2/5/2016	2/5/2016	2332	Dickinson Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-55	2/5/2016	2/5/2016	2341	Courtney Hall	On	Referred to Student Conduct
- Drug Law Violation	" "	" " "	" " "	" " "	" " "	" "	" " "
-Liquor Law Violation	16-7-FI	2/6/2016	2/6/2016	0001	Lamemrs Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-53	2/6/2016	2/6/2016	0008	Scanlon Hall	On	Referred to Student Conduct
-Licquor Law Violation	16-54	2/6/2016	2/6/2016	0043	Dickinson Hall	On	Referred to Student Conduct
-OUI	16-6-AR	2/6/2016	2/6/2016	0157	South Lot Road	On	Arrest
-Marked Lanes Violation	" "	" " "	" " "	" " "	" " "	" "	" " "
-Negligent Operation	" " "	" " "	" " "	" " "	" " "	" "	" " "
-Indecent Assault & Battery	16-56	2/6/2016	2/6/2016	2300	Courtney Hall	On	Referred to Title 1X
-Liquor Law Violation	16-57	2/7/2016	2/7/2016	0009	Courtney Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-59	2/7/2016	2/7/2016	0022	Dickinson Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-58	2/7/2016	2/7/2016	0100	Lammers Hall	On	Referred to Student Conduct
-Drug Law Violation	" "	" " "	" " "	" " "	" " "	" "	" " "
-Liquor Law Violation	16-61	2/7/2016	2/7/2016	0158	Scanlon Hall	On	Referred to Student Conduct
-Drug Law Violation	" "	" " "	" " "	" " "	" " "	" "	" " "
-Outstanding Warrant	16-7-AR	2/7/2016	2/7/2016	0158	Scanlon Hall	On	Arrest
-Drug Law Violation	16-60	2/7/2016	2/7/2016	0250	Davis Hall	On	Referred to Student Conduct
-Trespassing	16-62	2/7/2016	2/7/2016	0429	Courtney Hall	On	Trespass Notice Issued
Drug Law Violation	16-64	2/7/2016	2/7/2016	2211	Lammers Hall	On	Referred to Student Conduct
-Drug Law Violation	16-68	2/8/2016	2/8/2016	2219	Lammers Hall	On	Referred to Student Conduct
-Drug Law Violation	16-72	2/12/2016	2/12/2016	0053	Courtney Access Road	On	Referred to Student Conduct

see CRIME LOG *on page 18*

Westfield State nursing department to host benefit dinner

From Press Release

WESTFIELD, Mass., February 24, 2016- Westfield State University's nursing department will hold a piñatas and pasta dinner on Friday, March 4 to benefit their upcoming service trip to Guatemala where students and faculty will provide medical care and health promotion services.

The dinner will be held from 5:30-8:30 p.m. in Scanlon Banquet Hall. Tickets are $15 for adults and $10 for children ages 10 and under.

For the third year in a row, Westfield State nursing students will travel to La Antigua, Guatemala during spring break. Eighteen students and three faculty members will participate in the excursion, which counts as a clinical element for their nursing courses. Students pay out of pocket for travel expenses and all of the money from the dinner will go directly to support the community in Guatemala including purchasing water filters, wheelchairs, food for malnutrition centers, and materials to build a small house.

While in Guatemala, students and faculty members will care for children at two different orphanages. They will supply and teach Guatemalan families how to use water filters, provide health and dental care, provide wound care for the homeless, and offer feedings at malnutrition centers.

Depending on how much money is raised, they may have the opportunity to build wheelchairs or a metal house with a stove, basic needs with associated costs that are beyond day-to-day budgets.

Dr. Marcia Scanlon, chair of the nursing department, will be traveling with students for the third consecutive year for the course, which she said is "life-changing" for them.

"It allows students to immerse themselves into a different culture and learn about another community," Scanlon said. "These experiences provide our students with cross-cultural

see **RELEASE** *on page 12*

'To the max!' Westfield State presents 'The Wedding Singer'

From Press Release

WESTFIELD, Mass., February 23, 2016- Westfield State University's student-run group the Musical Theatre Guild (MTG) will perform the musical "The Wedding Singer" from Thursday, February 25 through Saturday, February 27 on Dever Stage. The performances run nightly at 7:30 p.m. with an additional 2 p.m. matinee on Saturday, February 27.

Based on the 1998 film of the same name, "The Wedding Singer" is set in the 1980's and follows Robbie Hart, an aspiring musician who performs at local weddings and bar mitzvahs and Julia Sullivan, a waitress who works for the same venue. After Robbie is left at the altar, he and Julia become close despite her engagement to Glen Guglia, a cheating Wall Street Banker. By the end of the show, Robbie is determined to tell Julia how he feels, even if it takes flying to Vegas to stop her elopement.

"The Wedding Singer" debuted on Broadway on April 27, 2006 and was directed by John Rando, featuring Tony-nominated Stephen Lynch in the lead role. It closed on December 31, 2006 after 284 performances.

The show features 25 student actors along with 18 students working behind the scenes. It is directed by Andrew Morin '17 of Clinton, Mass., and co-directed and choreographed by Rachel Cofsky '17 of Charlon, Mass.

An MTG member since his freshman year, Morin said he enjoyed taking a step back from acting by directing "The Wedding Singer."

"While I have my vision for the show and the characters, it is up to my designers and actors to make my vision, interpret in their own way, and present it," Morin said. "That is the most beautiful part of directing - getting to see my vision come to fruition through the work of my cast and crew."

Morin said that the Musical Theatre Guild chose the show because it appeals to a wide range of audiences.

"It's a very dynamic show," Morin said. "While it is a comedy, there are still points that will have you in tears. It also consists of very catchy and fun music with intricate dances that will keep the audience on their feet.

Finally and most importantly, this is a show about love. I think that any audience member can learn a little something about love, and loving themselves by seeing this show."

Cofsky said she the club was drawn to the overall message of love.

"I hope our audience gets the message that love wins and that what's meant to be will always find its way," Cofsky said. "Love comes in all shapes and sizes, from family, to friends, to significant others.

Everyone deserves the right to love who they want to love."

The Musical Theatre Guild is the oldest student-run club on campus, and was founded in 1972. The club puts on two musicals per school year. MTG has just four weeks to organize a full musical, including learning a full score and script, movement during each scene, dancing, and constructing a full set for the show.

Dever Stage is located in Parenzo Hall on the campus of Westfield State University. Tickets can be purchased at the door for $2 for students, faculty, and staff and $5 for general admission. To reserve tickets, email Sam Asuque at sasuque3363@westfield.ma.edu.

from the voice vault

Faculty member to be arraigned Dec. 4

*This article was published in the **November 20, 1989** issue of* The Westfield State Owl.

Denise Penna
Heather MacIsaac
Owl Editors

"A member of the faculty is under investigation and about to be arraigned in Westfield for alleged activities related to 'pornographic materials,'" according to Dr. William Lopes, Vice President of Academic Affairs.

The office of Academic Affairs issued the statement last Wednesday stating that, "professor Weston A. Dyer has requested and been placed on extended earned sick leave, and the college has made arrangements to cover his classes. The college will have no other comment since this matter is under review by the appropriate authorities."

Lopes said that as of Nov. 14, "there has been no evidence presented that anyone at Westfield State college has been involved other than the professor in question," adding, "to the best of my knowledge, there are no students involved."

According to District Attorney Paul Finnerty, an arraignment is scheduled for Dec. 4 in Westfield. Finnerty said that releasing information right now would be premature because details are not a matter of public record until after the arraignment.

Jeremiah Marron, senior Chief of Police in Granby, Dyer's hometown, said, "There is no news to report," last Thursday, Nov. 16.

Lopes said, "the college administration is reviewing its options once he is actually arrested and arraigned."

Dyer is a professor in the Political Science department. His classes are being covered by Springfield Attorney Allen Sisistky, Mark Hagobian, and David Street.

Attorney Sisistky is teaching Civil Liberties and one section of American National Government, Hagobian is teaching American National Government, and Street is covering the Comparative Judicial Systems course.

Confllicts develop between a few staff and administration

*This article was published in the **November 25, 2002** issue of* The Westfield Voice.

Matthew Bernat
Voice Reporter

Rising tensions between administration and some faculty members came to a head over this year's Diversity Day held Wednesday, November 13. Trouble arose after Associate Vice President of Academic Affairs Robert Martin sent an email to department chairs, requiring their attendance at the event.

The email said, "Other than those who will be teaching, we expect all other faculty to attend the afternoon's event, and the attendance records should reflect if someone has not attended without reasonable excuse."

Professor Gerald Tetrault of the philosophy department, having read the email, attended a meeting of the department chairs to voice his concerns over what that meant for the faculty. Tetrault has been teaching for a total of 38 years, and has been at Westfield since 1967.

Tetrault also serves as the union's Chapter President. He had this to say about keynote speaker Dr. Maura J. Cullen's presentation:

"Although entertaining, the lecture was superficial because it raised good issues but never asked or pursued the hard questions. This "feel good" event was clearly directed at students and was obviously a Residential Life production. It is insufficient to move our community from mere tolerance to mutual understanding and respect. A day's worth of diversity does not a lifetime make."

At the meeting, Tetrault said he asked what the consequences would be if a faculty member did not attend Diversity Day. Tetrault said he also wrote a letter to the campus community at large, grieving the attendance requirement.

Martin and Vice president of Academic Affairs William Lopes responded with a letter of their own over the concern that "has been expressed about our proposed plan to require attendance as the Nov. 13 workshops on diversity."

The letter stated, "The attendance at college activities, such as the opening semester meetings and Commencement, should be a cause of shame to every member of this faculty and administration."

The letter also addressed the email that was sent to the department heads:

"We used the phrase 'reasonable excuse' and, as always, expect professionalism and common sense in its application. This was no different from what we have done on other occasions."

Martin and Lopes did acknowledge that they did not wish to see this issue ruin an otherwise "positive event."

They concluded, "For this event, we have decided that each faculty member will decide for her or himself whether to cancel classes scheduled for that afternoon."

Shortly after this letter was written, another letter appeared in the Campus Voice from the SGA executive Board.

The letter was not an direct response to Tetrault's actions, affirming that the "intent of the letter was to showcase a lower battle between individual members of the faculty and administration."

The Executive Board also deemed Tetrault's actions "childish." The student senate was not consulted when the letter was written and submitted. SGA President Rhiannon D'Angelo could not be reached for comment by the time of publication.

"I suspect that the letter was inspired by someone in Residential Life; its content is typical of people who are powerless and yet want to believe they have power: a good example of Nietzsche's slave morality," Tetrault said.

Tetrault also added, "SGA is a tool of Residential Life."

He said, "I am amazed and pleased that the SGA exec Board has finally taken a stand, even if it is against me. In previous years, the SGA has been locked in the paralysis of neutrality in faculty/management disputes. Good going, SGA."

Diversity Day was well attended by faculty and students and considered a success by the college.

The controversy that the faculty experienced was an example of "the atmosphere of mistrust" that quietly pervades the campus, said Tetrault. He spoke about how the attendance requirement came as "slap in the face" to faculty.

"One way to solve the problem is to require attendance, but even management considers this unseemly. A better way is to cultivate an atmosphere of mutual respect and understanding among students, faculty and management. President Woodward and I plan to meet several times in order to do just that. I look forward to his cooperation," said Tetrault.

"The two previous in-house forums (diversity 101, 102) were much more successful in penetrating issues and attitudes. We need another of these, perhaps Diversity 103."

Tetrault said, "I asked Vice President Martin if absence without a 'reasonable excuse' would result in a letter to be placed in the offender's personal file. 'No,' he said. I then asked if the same offense would constitute insubordination, for which the offender could be fired. 'No,' he said."

"Finally, I said, 'Were I to write you a letter stating that I had no reasonable excuse and do no intend to attend this event, what would you do?' 'You would be docked half a day's pay,' he said."

Tetrault said, he was then scolded by Martin and Lopes for not giving advance notice before attending the meeting.

"Interestingly, the faculty that did participate did not receive any credit in management's newsletter, 'In Brief,'" said Tetrault.

opinions & editorials

FRIDAY, FEBRUARY 26, 2016 NATHAN GODARD, EDITOR

An appeal to the therapy friend

Nathan Godard
Op-Ed Editor

PHOTO BY BEHAVIORADVISOR.COM

This article is an appeal to those who find themselves taking on the role of therapist for your various friends and acquaintances. This article is also for anyone that has ever tried to help an individual through a hard time in his or her life. This article is also me, as an individual, expressing my opinions based upon real-life experiences.

A good friend is one that is there for their friends in any capacity that they require; however, just as there is a limit to freedom of speech, so is there a limit to how much a friend should expect out of someone close to them. There is a point when it can become unhealthy. Of course, sharing your fears, anxieties, and secrets are some of the best benefits to a friendship, but this is dependent upon just how severe those secrets are.

For example, say that your best friend who has had a traumatic background reveals to you her contemplations of suicide. Of course, it is the role of the friend to help, console, and do whatever possible to lift your loved one out of this emotional slump; however, it is not your job, and it is also very dangerous ground.

I have found myself in this very situation many times in my life, and many times I have talked loved ones out of suicide.

There have been individuals who have come to me in the past—more than once—looking for a reason to continue living, and the one thing that I found was this: it is exhausting to be the person that everyone seems to come to. Not only that, but it is not my job, and I am not medically qualified to "treat" anyone with depression.

I am sure that I am not the only one that has experienced this, and this is a message to anyone who has: do not stop being there for your friends. At the same time, do not let yourself be their only outlet.

There are programs and groups set up that are specifically built to help people like your friends who are having these horrible and unfortunate contemplations.

Do not be the person who spends hours every night talking someone out of suicide, self-harm, or harmful drugs. It is unfair for yourself, and it also puts an unimaginable amount of pressure and stress on your life.

I strongly urge those faithful friends to point your damaged loved ones to the sources of medical and therapeutic help that they may need.

Of course, I am not beseeching you to ignore those who are battling depression, severe anxiety, or a myriad of other calamities. By all means, champion their happiness and be there for them as much as you can, but remember your own mental health.

Remember that there is help, and remember to advertise to your loved ones that there is help and that they are not alone.

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March 8, 2016	Scanlon Hall—Main Lobby
March 22, 2016	Dickinson Hall—Front Lobby
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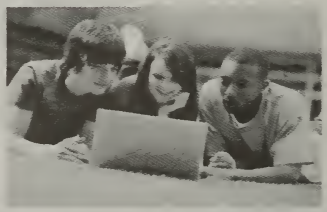

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Westfield
STATE UNIVERSITY

from the editors' desks

The Voice would like to announce that we have elected Nathan Godard as the Opinions and Editorials editor.

Nathan has been a consistent Op-Ed writer for the past year and communicated closely with former Op-Ed editor Race Rugh.

Since Nathan has insight into what the editor position requires, and has been on the other end of the editor-writer relationship week after week, the editorial staff felt that electing him was appropriate and beneficial for the future of The Voice.

On the subject of the Voice's future, we are pleased to announce that the process of selecting the new Editor-in-Chief is nearing its end.

The Editorial Board, as of press time, still had not finalized any vote for the next editor; however, it will more than likely be in place for the next issue.

That being said, we should mention that Matthew Carlin will be continuing as the Managing Editor of the Voice and as the Conservative Columnist.

Carlin would like to reiterate that he had no intention of continuing in a permanent capacity as the Editor-in-Chief, and he cannot wait to work with the incoming editors to build The Voice into an even greater publication.

We request that you, our readers, bear with and support us as we continue with this very difficult transition.

We are very grateful that you continually read and support your peers in this purely student-run publication and that such organizations are not dying like their corporate counterparts.

As we have said before, we continue to print every week to keep the campus appraise of certain events on campus, but eventually there will come a time where we will be an entirely online publication.

We hope that when that day comes we may continue to count on your loyalty and readership, despite the popularity of blogs like the Odyssey, and continue to promote our professional and refined publication.

The Westfield Voice

The objective student press of Westfield State University

***Matthew Carlin**, Interim Editor-in-Chief*

***Gina Muller**, Layout and Design Editor*
(Chair of the Editorial Board)
***Zachary Va**, Online Managing Editor*

***Nick Sarnelli**, Head Copy Editor*
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***Prof. George Layng**, Faculty Advisor*

General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a $16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

arts & entertainment

FRIDAY, FEBRUARY 26, 2015 MONIQUE DESNOYERS, EDITOR

quick hits

as of February 23, 2016

Top 10 Singles

1. Work - Rihanna feat. Drake
2. Love Yourself - Justin Bieber
3. Stressed Out - twenty one pilots
4. Sorry - Justin Bieber
5. My House - Flo Rida
6. Pillowtalk - Zayn
7. Hello - Adele
8. Me, Myself & I - G-Eazy x Bebe Rexha
9. Roses - The Chainsmokers feat. Rozes
10. Cake by The Ocean - DNCE

Top 5 Albums

1. 25 - Adele
2. Purpose - Justin Bieber
3. ANTI - Rihanna
4. Hymns - Joey + Rory
5. Traveller - Chris Stapleton

Top 5 Movies

1. Deadpool
2. Kung Fu Panda 3
3. Risen
4. The Witch
5. How To Be Single

Upcoming DVDs

1. Creed
2. Room
3. The Night Before

KNOWING TO COOK

Small Bites: the art of the appetizer

Ryan Cashman
Voice Columnist

Everything is ready. The roast is crackling away in the oven, the vanilla bean custard for dessert is sitting happily in the refrigerator, and all of the flatware, plates, and glasses have been set on the dining room table. There's even a lovely centerpiece of pink roses and white hydrangeas that you plucked from the bushes in your own backyard.

Only one thing is missing: the appetizers!

How could you, the master of hosting this meticulously constructed dinner party, the creator of this magnificent meal, forget something as important as the appetizer? Appetizers are, after all, meant to wet the guests' appetites and give them a hint of your culinary prowess.

Appetizers do not have to be showy or complex. On the contrary, the best appetizers are often ones which are most simple. Think of your favorite starter. Mozzarella sticks, nachos, pub pretzels, a cup of chowder, a cheese platter, wings—all incredibly simple and incredibly tasty. Wings, in particular, are a favorite among my roommates.

There is no need for an overtly complex appetizer. There is a restaurant somewhere in central Providence, the name of which I cannot remember, where my mom and I were served a "palate cleanser" before our meal. It was a winter squash based soup with hints of salt and coriander presented in a single serving on a long spoon.

It left a very strange taste in our mouths, defeating the entire purpose of a palate cleanser. There exists, in this wonderful world of cookery, a very simple palate cleanser that is served at every restaurant on Earth. It's called water.

As you can see, I'm opposed to the intentional complication of things that are perfectly good on their own. It's Thoreauvian, I know, but it remains true. To further belabor the point, can you remember the last time you ate an appetizer that contained more than five ingredients? I imagine you probably can, but I figured I'd pose the question anyway incase my views on the matter weren't getting across.

For further readings on simplicity in cooking, please tunnel your way through the archives of The Voice or hack into my hard-drive where you'll find entire articles devoted to the subject. I'd prefer you do the former... I'm sure the NSA has already done the latter. Moving on.

Returning to the scenario proposed at the beginning, what do you do when the guests are due to arrive and you have no finger foods prepared? You have multiple options.

Firstly, you could panic, which I don't recommend. You could rummage through your pantry and fridge to see what ingredients you could scrape into a decent appetizer.

In my home, we almost always have cheese, fruit, and crackers that we can put together to form a nice cheese platter.

If we've planned ahead, we prepare one of my favorite appetizers: room temperature brie slathered with cranberry-pepper jelly and smeared onto small toasts. Depending on your crowd and the nature of the gathering, chips and dip are always popular. Homemade dip is always a fun adventure.

Another clever and entertaining option is to make the appetizer with your guests. Have someone slice the tomatoes while another toasts the bread and another plucks the leaves off the basil plant while you prep the mozzarella (I'm alluding here).

Nothing wrong with making your guests earn their keep! Most everyone is willing to help with the cooking anyway.

Funnily enough, on the back of the box of Mediterranean Olive Triscuits that I've been munching on while writing this, there is a recipe for Lamb Tzatziki bites. Triscuit, a subsidiary of Nabisco, has come out with a new line of flavored crackers, each with their own appetizer recipe on the back of the box.

It is a brilliant marketing strategy, but more importantly, it is also encouraging consumers to be creative by using proper ingredients rather than spraying cheese whiz on a Ritz cracker.

My advice to you is this: keep a well-stocked kitchen, don't be afraid to be creative, and, above all, keep it simple.

Enjoy this recipe for Caprese Bites!

As always: buona tavola é mangiare bene!

CAPRESE BITES

Ingredients:

Tomato, sliced
Mozzarella, sliced
Basil, whole leaves
Good bread, like baguette or ciabatta, sliced and lightly toasted
Olive Oil and Balsamic Vinegar, for garnish

Note: depending on the number of guests being served, measurements may vary. Use your discretion.

Instructions:

On a piece of toast layer on tomato, cheese, and basil. Garnish with olive oil and balsamic vinegar.

Enjoy!

"No Country For Old Men" is a modern masterpiece

Joe Egitto
Voice Contributor

The Coen Brothers, Joel and Ethan, have been making groundbreaking cinema for more than three decades. They have been loved by critics, filmmakers, and moviegoers for their genre-expanding filmography. There have been countless books written about the brothers.

They even had a very successful TV show, Fargo, as a spin-off from one of their movies of the same name—in my opinion, the best show on television at the moment.

Take one look at their catalogue, and you will see some very impressive movies ranging from their first action-packed thriller, "Blood Simple" (1984), to their latest laidback Hollywood comedy, "Hail, Caesar!" (2016). Some of my personal favorites include the best Jeff Bridges film of all-time, "The Big Lebowski" (1999), and their drastically underrated musical comedy, "O Brother, Where Art Thou?" (2000).

It is no surprise, then, that picking a film to label as the brothers' "greatest" is quite a challenge. Their first breakout success, "Fargo" (1996), is the film most commonly referred to as their best; however, there is one film that ranks supreme.

That movie is "No Country For Old Men." In fact, I would go so far as to say that it is not only the greatest Coen Brothers' film, but also it is the greatest film of the twenty-first century.

Based on the novel by Cormac McCarthy, every aspect of this film is perfect. Josh Brolin, Javier Bardem, and Tommy Lee Jones, the three lead actors, have never been better. The cinematography captures the beautiful desert landscapes perfectly, and the pace of the movie never slows down.

The suspense is disturbingly amazing, and, in fact, I would argue that it is the most suspenseful movie since "Silence of the Lambs" (1991). From the opening shot to the very last, disconcerting scene, you never feel quite comfortable. You will almost certainly feel your heart beats out of your chest throughout the film.

Another amazing thing about the film is that it has virtually no score or soundtrack.

If you think that a film without a score sounds boring, you would be sadly mistaken. The lack of any sort of jolting score during climatic scenes helps make the movie unbearably suspenseful.

The plot is nothing complicated. Without giving too much away, a man sees the remnants of a drug deal gone wrong and takes something that does not belong to him.

In doing so, a cat-and-mouse chase ensues, since the violent, ruthless antagonist, Anton Chigurh, wants what is stolen from him. The county sheriff arrives to see what becomes of the mess.

Bardem, who portrays Chigurh, is the best actor out of the three leads and took home an Oscar, Golden Globe, and BFTA Award for his work. In fact, out of all the movie award shows, "No Country For Old Men" was nominated for 108 awards and took home 76, which included Best Picture, Best Director, Best Supporting Actor, and Best Adapted Screenplay at the 80th Academy Awards.

I cannot recommend this movie enough; however, you should be warned. Though it is not a Tarantino film, there is still quite a bit of blood. So, if you are the kind of person who does not like that sort of thing, I think "The Ridiculous 6" is still on Netflix.

If you are someone who would want to watch it, however, check it out at the Ely Library.

"Kung Fu Panda 3" worth the watch

Ivianette Acevedo
Voice Contributor

When my twenty-two-year-old cousin dragged me to see "Kung Fu Panda 3," I was not expecting much. Honestly, I did not even know there was a second one. I had only seen the first movie.

Nevertheless, I went with him because he was really excited and wanted someone to go see it with him. Why he didn't bring his ten-year-old brother instead, I will never know.

I walked into the dingy, rundown theater and paid my seven dollars to see the movie. Was it going to be worth it?

The chubby panda we have all grown to love, Po (voiced by Jack Black), is faced with the challenge of teaching his peers: The Furious Five. He fails epically and fears that he will never master the art of teaching.

Po then gets hit with meeting his biological father; His adoptive father, the duck, is not pleased with this. After meeting his father, Po encounters yet another surprise: a power-hungry villain. When have we not heard that plot?

The movie goes on full of laughs and giggles. The only characters that really stood out in my opinion were the villain, Kai (voiced by J.K. Simmons), and a flirty female panda named Mei Mei(Kate Hudson).

Kai is a bull that is about as wicked as they come. His thirst for power is almost victorious, but of course the villain cannot win. He is funny, entertaining, and witty.

Mei Mei is a hilarious addition to the movie. Although some may find her unnecessary, I thought she was extremely funny. Kate Hudson's voice brings a bold character to life with Mei Mei's flirty lines and actions.

In the end, the seven dollars was worth it.

Was it predictable and cheesy? Of course! It was a kid's movie, and I expected nothing less.

It was funny, cute, quirky, and moving. I have not seen "Kung Fu Panda 2," but I just might after getting a glimpse of what would be in store.

"The Revenant" worth the emotional exhaustion

Shauna Legsdin
Voice Contributor

"The Revenant" is the type of movie everyone should experience once but could probably never sit through again. The movie starts with a battle between Americans and Native Americans: people are shot with arrows and guns, others are drowned, and others are crushed by falling trees.

The movie will catch you off-guard, and just when you think the fighting is over, it usually picks up again. You'll be tense and either half cover your eyes—like me—or will be unable to take your eyes off the screen.

If you love action, this is a movie for you. There is plenty of gore, death, and violence. A strong stomach is highly recommended.

The setting is western America in the 1820s. It is loosely based on a true story of the frontiersman Hugh Glass, who traded fur pelts to earn a living for himself and his half-Native-American son, Hawk.

Glass and the other expedition members have several run-ins with the French and the Native Americans. Glass gets mauled by a bear and surprisingly survives. Members of his expedition, John Fitzgerald, Jim Bridger, and Hawk, get assigned to watch him until he either dies or recovers while the rest of the group continues on the expedition.

The whole point of the expedition is to take all the fur saved from the first battle with the Native Americans to the frontiersmen's base camp.

Instead of watching over Glass, John kills Hawk before his father's eyes and convinces Bridger to leave Glass for dead. Glass survives angry and weak (hence the name of the movie), and he goes on a hunt for John to get revenge for Hawk's death.

Dicaprio's performance makes you feel Glass's pain as he struggles to walk on his limp leg or when he uses gunpowder to burn his ripped-open neck shut. The telling flashbacks of his son and wife, both dead, pull at your heartstrings. You will root for Glass even though his only intention is to murder John for revenge.

The cast stars the award-winning actor and activist, Leonardo Dicaprio, accompanied by other famous actors like Tom Hardy, Domhnall Gleeson, and Will Poulter.

The movie is shot in the beautiful landscapes of Canada by the award-winning director, Alejandro González Iñárritu, who is well known for "Birdman" (2014) and "Babel" (2006).

Even though "The Revenant" came out in the beginning of January, it is still playing in many theaters. If you have not seen it already, it is worth the trip and the emotional exhaustion you will feel afterward.

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from **RELEASE** *on page 4*

experiences, which are necessary in states like Massachusetts with large, diverse populations."

Student Casey Howe '16 of Chelmsford, Mass. participated in the Guatemala course last spring and plans to return some day.

"My heart has been opened to level that I did not even know existed before this course," Howe wrote in her course reflection paper. "Guatemala humbled me, made me appreciate everything that I have, and my heart will yearn to go back for years to come!"

Tickets must be purchased in advance. Call Marcia Scanlon at (413) 572-8414 or email her at MScanlon@westfield.ma.edu to purchase tickets.

The nursing department is also accepting monetary donations. Checks can be made out to WSU with "Guatemala" in the memo and can be mailed to Danielle Emerson, Westfield State University International Office, 577 Western Avenue, Westfield, MA 01086.

Those who donate $50 will have water filters purchased in their honor and photos will be taken of the donated filters with stickers indicating who they were donated by as a memento.

They are also accepting supplies including, but not limited to: bug spray, school supplies, sun glasses, underwear, gloves, winter hats, band aids, and hygiene products including toothpaste, toothbrushes, soap, shampoo, and laundry soap.

Donations can be dropped off at the Nursing Department in Juniper Park. To coordinate a drop off time, call Marcia Scanlon at (413) 572-8414.

from **MERCER** *on page 2*

process is a lot like the job search process and asked the president what stood out about Westfield State when he was interviewing for the presidency. President Torrecilha said that he immediately noticed the University's commitment to its students' learning and success. He also mentioned the University's memorable history and how student success is only adding to that history.

Representative-at-Large Ashley Deleon complimented President Torrecilha on his hard work and visibility around campus. She asked the president what his biggest hurdle had been thus far. President Torrecilha said that he has not really had a big hurdle, but the one thing that has been difficult is not knowing how the University works just yet and learning as he goes.

Another representative-at-large, Christian Capalbo, talked about how big the emphasis on student involvement was to the University. Capalbo wondered how important student involvement in some of the bigger capital or departmental projects was to the president. President Torrecilha again brought up how impressed he was with student involvement noting that almost every committee and organization on campus has a student representative on SGA and that Westfield State has one of the largest student senates in Mass.

Al Fava, New Hall president, stood to ask his question and the president immediately recognized him from the meeting with the commissioner. He remembered Fava's story about his first semester at Westfield being a difficult one, leaving behind his tight-knit family and feeling isolated on campus.

"Look at you now!" the president remarked, getting a laugh from senate.

Fava noted that he is now a senior and has been at Westfield for all four years of college, and how happy he is to see the president engaged and excited. Fava was curious about what made Torrecilha decide to pursue higher education as a career. President Torrecilha told senate that he came to the United States as a migrant worker and enrolled in college at Portland State, a university similar to Westfield.

The president talked about a sociology professor who told Torrecilha that he could be a professor like her, and because of this, he saw many possibilities before him that he had not seen before. President Torrecilha said that he went from a sociology track to academia and never looked back.

"I have no regrets," he said.

After this, President Torrecilha insisted on a selfie with the entire SGA senate.

Evelyn Dina, president of the SGA, thanked President Torrecilha for coming to speak to senate and then highlighted SGA's spotlight club of the month, the biology club. Dina noted the biology club's struggle in past years with attendance and funding but mentioned that this year they gained an entirely new executive board and consistently have new members flowing in. The club had some successful events this academic year, including a plant sale and a trip to the cadaver lab in Springfield. The biology club is also planning trips to New York to see the Museum of Natural History and Amelia Park's Children's Museum to do science experiments with children.

Dina again brought up the Counseling Center's visit to senate last week and their upcoming Fresh Check Day, cosponsored by CAB, on March 24 from 11 a.m. to 3 p.m. in Ely. This event aims to bring awareness to mental health and "checking in" with yourself.

SGA's new initiative, Bring a Friend to SGA Day, will be Tuesday, March 29. It will be a chance for senators to bring their constituents to a meeting and show them what the SGA does. Constituents will be welcome to join the SGA bonding event directly following the meeting to enjoy movie trivia and pizza event.

Dina also spoke about MassPIRG's mock caucus happening on Feb. 29 at 8 p.m. in New Hall 149 A and B. This event is to get students ready for the upcoming presidential primary on March 1 by debating issues and learning more about the candidates. Dina reminded senators that those registered to vote in Westfield could do so on March 1 from 7 a.m. to 8 p.m. in the Dower Center.

Student Trustee Justin Connolly then gave the Board of Trustees Report. The Board met on Feb. 11 and began their meeting with students' presentations about their internship experiences at Westfield. Connolly and the rest of the board were glad to see that these students' internships have enhanced their learning and future professional lives.

The board also began discussing about the potential move of the Advancement/Alumni/University Relations (AAUR) office from Broad Street to campus when the Broad Street lease is up next fall.

Connolly then reported that a motion was brought forward to the board regarding the purchase of five patrol rifles for the campus's public safety department, along with proper training for the use of these firearms for the public safety officers.

Connolly assured senators that this was not a decision that was made lightly, as the board has been discussing this for a few years. When the Board of Higher Education released a book about the best practices for Universities' public safety in 2008, one of the main practices included public safety department's possession of specialized firearms in the event of a campus emergency. These five patrol rifles will be kept in the trunks of campus safety's patrol cars and will only be used in the event of such emergencies. The Board of Trustees unanimously passed this motion with full support from the president's office.

Jon Cubetus, vice president of academic life, discussed the upcoming class registration process for Fall 2016. All classes for the fall semester are on myWestfield under the "Look Up Classes" tab, and paper booklets with these classes will be available shortly.

Cubetus also emphasized the importance of utilizing Dr. Marsha Marotta's open office hours coming up on March 8 at 4 p.m. in Ely 20.

Vice President of Programming Haley Batchelder talked about CAB's upcoming bingo event on Friday, Feb. 26 at 10 p.m. in Scanlon Banquet Hall. This event is cosponsored by the Relay for Life club, and participants can pay one dollar to get an extra bingo card. All of the proceeds will go directly toward Relay for Life. The club will have computers set up for students to register for Relay, and they will also be selling t-shirts.

Batchelder also mentioned that free ice-skating at Amelia Park will be on Friday, March 4 from 9 p.m. to 11 p.m. Shuttles to and from Amelia Park will be available outside of Scanlon Hall.

Also, students who purchased Celtic's tickets should see Kim Hosmer in SGA to sign a travel waiver.

Executive Secretary Brendan McKee talked about Cotillion tickets going on sale for senators for $16.50 until March 1. Senators should go to Kim Hosmer and pay with cash or checks only. Tickets go on sale to other students for $33 on March 2.

Ryan Losco moved to pass a constitutional amendment from the Madame President that creates a new SGA position for a representative for the veteran and military affairs office.

Class of 2017 Representative Morgan Suddeth asked Losco to give more information about this new position and about who would be filling it. Losco compared this new position to the existing athletics representative on SGA in that it is a way to make sure the veterans get their representation on student government.

Suddeth readdressed and asked if this new representative would be a veteran, like the athletics representative is an athlete.

Losco confirmed that the representative would be a veteran and would act as a liaison between SGA and the veteran and military affairs office. The amendment needed a 3/4-majority vote to carry, and it passed. Losco will bring the amendment to senate again at next week's meeting, needing a 2/3 majority to pass.

Ryan Losco then gave his report as Class of 2016 President and said that senior sweatshirts have shipped. He also reported that Senior Fest would be advertised shortly.

Losco reported that at the 100-Day Toast for seniors, over $4,000 worth of pledges for the Leave Your Mark campaign was received. Losco hopes that more pledges will come in as the semester progresses. The council will be meeting with AAUR on Wednesday, Feb. 24 to discuss the logistics behind this campaign.

Sophomore Class President Maddie Creamer accepted the resignation of Rhynell Christopher as representative-to-senate and dove right into the council's recent Buzz-off for Cancer Kick-Off party held on Monday, Feb. 22. A few people volunteered to buzz their heads or help out with the event. Creamer encouraged all who were interested to contact her. Sophomore class t-shirts will be on sale on the University's website until March 11. The council's next meeting will be Monday, Feb. 29 at 7 p.m. in the Club Room.

Courtney Hall President Karina Sallaway motioned to appoint Rhynell Christopher as Courtney Hall's representative-to-senate, and the motion carried.

As the meeting wrapped up, Justin Connolly announced that there would be a new globe on campus soon. As one of the founders of the #SaveTheGlobe campaign, Connolly encouraged senators to choose their favorite of the six potential globes to replace the one broken during last year's Super Bowl celebration.

The next meeting of the Student Government Association will be March 1 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

owls athletics

FRIDAY, FEBRUARY 26, 2016 MICHAEL BARRY, EDITOR

Owls drop regular season finale to Plymouth State

Michael Barry
Voice Reporter

PHOTO FROM WSU ATHL. DEPT.

The Westfield State men's hockey team ended their regular season on an unfortunate low note, falling to MASCAC rivals Plymouth State by a score of 7-4. The Panthers offense had one of their best nights of the season and the Owls were unable to match their pace.

Plymouth State opened up the scoring as sophomore forward Riley Flanagan of Weymouth beat Owls goaltender Johnathan Loparco. This would set the tone for the rest of the match, as this was Flanagan's first goal of the season.

If the guys who don't normally score are on, it's going to be even tougher to deal with the guys who normally do.

The Owls let up one more before the end of the period, with Junior Michael Economos put home his 13th of the year.

The offense was virtually nonexistent for the Owls in the first period.

The team recorded just three total shots in the first 20 minutes. There's no way anyone can compete with a team like Plymouth State with that little production. Something had to change for this team or else things were going to get very ugly.

When the teams came out for the second installment of the game, the playing field seemed leveled. Neither team scored in a hard-fought period until Westfield finally drew blood. Freshman defender Carl Greco scored 8:22 in to the second period, assisted by Lenny Caglianone and Mason Wade. Westfield seemed to have all of the momentum in their favor.

To the dismay of the Owls, Plymouth State quickly showed why they're ranked second in the conference as they answered the Westfield score. Junior Baxter Strachan scored with under five minutes left in the period. Before Westfield had a chance to recover, Plymouth scored again.

Needing to do something before the period ended, Westfield scored their second goal of the period, thanks to freshman Joseph Napoli. Just like they did at the end of the first, the Owls went back into the dressing room down two.

Just 20 minutes separated the Owls from the end of their season, and for the seniors, there's no way this is how they wanted to go out.

Unfortunately, the Plymouth State Panthers must have decided to put the nail in the coffin in the third, and they did just that. Westfield was outscored 3-2 in the final period, with the final goal coming on an empty net.

Even in the loss, there is no shame in the game goaltender Jonathan Loparco. Although he gave up six goals, he still recorded an impressive 32 saves.

A goaltender can play as well as possible but if he's seeing as many shots as Loparco did, it's only a matter of time before a few slip in.

Westfield begins tournament play this Saturday against UMass Dartmouth. The Owls will play at UMass Dartmouth with the puck scheduled to drop at 4 p.m.

Owls men's basketball moves on to MASCAC tournament

Andrew McIntosh
Voice Reporter

The Westfield men's basketball team has moved on in the MASCAC tournament in dramatic fashion, beating Worcester State 91-¬90 in overtime. In a win-or-go-home situation, the Owls proved that they could dig deep and come out with a win.

When it's tournament time in any sport, at any level, teams have to go in with a different mindset. Westfield lost to Worcester State in their last game of the year 91-79, and just three days later, these two teams met again at Assumption College for a shot at the MASCAC semi-final game.

The Owls were looking to avenge their loss, and there is no better time or place than in the tournament. This game was a battle up until the very end with Westfield leading by one going into halftime by a score of 44¬-43.

Westfield was focused and learned from their prior loss; they were not going to go down without a fight in this one.

In the second half, Worcester State came back and outscored Westfield by one point, totaling the points in the second half to 38¬-37. At the end of regulation, the game was tied up 81 all. The Owls were determined to get the win.

In overtime, the Owls were able to pull out the win, scoring 10 points to Worcester State's 9.

The story of the night was the All Conference Guard Jesus Sanchez. Sanchez totaled 32 points and went 9¬-9 from the free throw line. In addition, the Owls saw great play from Shane Pasquantonio, who scored 15 points, along with double-digit performances from Peter Mafo and Jose Allen.

With a great game off the bench, Evan Hopson had a very efficient game shooting 4 of 5 from the field, scoring 10 points. As a team Westfield shot 46.6 percent from the floor and about 33 percent from the three-point line. Once again the Owls were able to get to the free throw line going 18¬-23 as a team.

It seems that the Owls have stuck to their guns, dedicating themselves to getting in the paint and drawing the foul. They were able to come away with 50 points in the paint.

When the Owls aren't getting buckets inside, they're getting to the free throw line. The Owls game plan was to take the ball inside to the teeth of the defense and put up shots inside. It's a great way to stay aggressive and wear the defense down to make things easier for the Owls at the other end of the floor.

The Owls have advanced to the semi final game of the MASCAC tournament, and they will play top-seeded Fitchburg State in their next game.

Predictions for March Madness

Jack Corsi
Voice Reporter

March is only a few days away, and we all know what that means. No, not St. Patrick's Day, but the NCAA men's basketball tourney. Someone did not tell the teams that the madness was supposed to wait until March.

With a number of top ten teams dropping early this season, the number one seed has been almost a figment of the imagination; however, there are still five teams that could possibly crash the party as a one seed this season.

So barring any upsets, here are the teams that could be the four number one seeds in this year's edition of the tournament.

The first team is the Villanova Wildcats out of the Big East. I am not going to say that the Big East is back, but the Wildcats sure are making a case for it. Josh Hart and Ryan Arcidiacono have led the Wildcats this season, both averaging at least 30 minutes per night. They have five guys who average at least ten points per contest.

The Villanova role players could really help the Wildcats make a splash in March and even help them win the Big East.

Bill Self and the Kansas Jayhawks know a lot about being a number one seed. They have been a one seed in five out of the last ten years. Kansas could be number one overall if they play their cards right, and it would be the first time since 2010.

This team is stacked head to toe with talent. Perry Ellis and Wayne Selden are the team's leaders; however, these two will be playing in the NBA soon.

Am I sleeping on the Virginia Cavaliers? No, I am not. They are a dangerous team, but inconsistency will kill them. Look at the other night against Miami, and the game with Duke, for example.

When they are on they could be lethal, ranking third in points allowed, which screams that genuine Cavalier defense. Malcolm Brogdon is their guy to depend on. He will need to continue to play well down the stretch if the Cavs plan to continue being an option for the one spot.

When you hear Oklahoma Sooner basketball, you think of Mr. Buddy Heild. This kid is the real deal, and along with Jordan Woodward and Isaiah Cousins, they make a tough three to handle.

The Sooner starting five have four players who play for at least 33 minutes per night, and the fifth, Khadeem Lattin, playing 22.

There is not a whole lot of variety, but when they get going, it is like a runaway train. These guys are a team to be afraid of, especially if Heild gets hot early.

For teams on the bubble, it had me thinking a lot about Michigan State and UNC, but at the end of the day I stuck with the Tar Heels. When the Heels are on, they are easily the best team in college basketball; however, when they are off, it is just plain ugly.

The Heels proved their worth last weekend by blowing out Miami, but lost some ground with the loss to Duke. If they are able to run through the ACC tourney, there is not a doubt in my mind that says they are a one seed.

We are just a few weeks from selection Sunday. I can guarantee that the end of the second round will bust my bracket. It should be a fun finale to an eventful basketball season.

The end of the long, painful era

Tyler Mason
Voice Columnist

Hey, Sox fans. I have some good news! No, Pablo Sandoval has not gotten traded yet, but this is just as good.

The Boston Red Sox have finally found their captain of the infield who can stay for years to come. That is right, folks: Xander Bogaerts is the guy we have all been waiting for. It only took 10 years.

Ever since Fenway legend Nomar Garciaparra was dealt to the Chicago Cubs back in 2004, things have never been the same at shortstop. We had players come and go, and there was never a player who electrified the fans like Nomar did. The front office has been looking for a shortstop they can rely on for the future since Garciaparra's departure. Let's just say it has been a long hunt.

When Nomar was sent to the Cubs at the deadline, the Sox got shortstop Orlando Cabrera from the Montreal Expos in a 3-team deal. Cabrera was a defensive wizard on the field in his tenure for Boston. He hit .294, six home runs, and drove in 31 RBI's in the second half of the season. Orlando was a key factor for the Red Sox winning the World Series in '04 and ending their 86-year curse.

People thought Cabrera was going to get re-signed and be Nomar's replacement for years to come; however, in the offseason, former general manager Theo Epstein decided not to re-sign Cabrera. Later that winter, the Los Angeles Angels signed him to a deal that left the Red Sox needing to fill in that hole.

As the 2005 season came along and the rings were being distributed to last year's champions, Edgar Renteria signed a four-year deal with the Sox worth $40 million.

People thought that Renteria was the answer, seeing as he had three silver sluggers under his belt and two gold gloves with the Florida Marlins and St. Louis Cardinals. The outcome was not what people were hoping for. Renteria made a career-high of 30 errors in the 2005 season.

After the Sox were eliminated in the Divisional round by the soon-to-be World Series Champions, the Chicago White Sox, Renteria was traded to the Atlanta Braves.

The Red Sox entered the offseason with the same problem they had a year ago. They needed to find a reliable shortstop.

After the Renteria-signing bust, the Sox decided to spend a little less money and sign Álex González for a one-year deal worth $4 million. González did not do too badly for the Sox. His average was a little low, hitting .255, but having players like Manny Ramirez and David Ortiz backing you up, he was O.K.

Renteria's defensive presence had fans raising their eyebrows because of the plays he made. Alex Cora was the back up, and he played a significant amount during the '06 season. Unfortunately, even though González did not have a bad year, Theo Epstein thought he was not the answer and decided not to sign him to a multi-year deal at the end of the 2006 season. In the offseason, González signed with Cincinnati Reds.

We head to 2007 on this roller coaster of disaster and the Red Sox sign speedy shortstop Julio Lugo. Lugo played for the club that won it all in '07, but I would not really say that he helped them. He had some moments where he made nice plays in the field or occasionally got clutch hits, but his .237 batting average and 19 errors on the field were not what the Red Sox wanted for the future.

Lugo stayed with the club throughout the '08 and '09 seasons, sharing time at shortstop with rookie Jed Lowrie and veteran Nick Green. Álex González actually returned to the Sox during the 2009 trade deadline, but at the end of the season, both González and Lugo were gone. Jed Lowrie then became the back up for Marco Scutaro, another newcomer, in 2010.

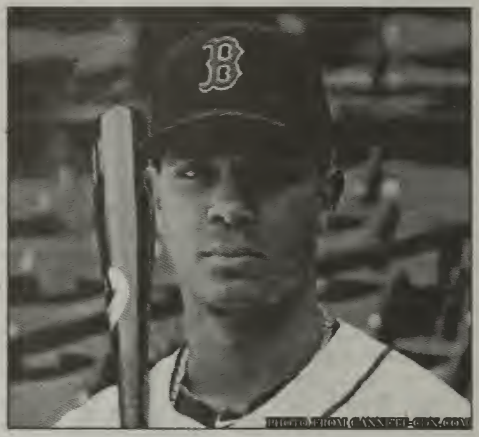
Scutaro played for the team for two years and did relatively well. In 2010 he played 150 games while bringing in 56 runners and hitting .275 and 11 homers.

The 2011 campaign was a disaster for the Red Sox. Whether it was pitchers drinking beers and eating fried chicken in the dugout, or coaching problems in the clubhouse, they decided to clean house. The Sox let go of all of their players, including Scutaro, even though he hit just under .300.

The 2012 season was a joke, especially after the signing of Bobby Valentine as manager. For the shortstop situation, players like Nick Punto, Mike Avilés, and Pedro Ciriaco took turns in the starting lineup. Obviously none of them were making their case as to why they should keep their jobs, especially when the Red Sox finished the season in last place of the American League East.

In the 2013 offseason, new GM Ben Cherington decided to sign Stephen Drew. His offense was joke, but his defense was great. Drew's pitchers were confident that if the ball was hit to him, the play was going to be made. Drew played 124 games and hit .253.

Nothing special offensively, but having him on



defense is what made him so valuable. During the 2013 playoff run, where the Sox won their third championship in the 21st century, rookie Xander Bogaerts made a huge impact. Bogaerts hit .296 with a .412 on base percentage in the playoffs. His performance in October actually made Drew lose his job when Bogaerts was named the starting shortstop for the 2014 season.

When 2014 came along, fans were excited to see Xander as the everyday shortstop. The 21 year old was ready for the challenge, kind of. Bogaerts played in 144 games and hit a terrible .240 batting average and a .297 OBP as the 2014 Red Sox finished in last place. His 20 errors did not help his case either. Fans were annoyed and expected a new face at shortstop in 2015.

When the 2015 season came around, however, Xander was great from start to finish. At the end of the season he finished first among shortstops in batting average (.320), base percentage (.355), hits (196), runs scored (84), and doubles (35). From the 2014 season to 2015, he decreased his errors made on the field from 20 to 11. To top it all off, he was awarded the Silver Slugger award for shortstops.

Although the 2015 season was a disappointment, with the Sox finishing in last place for the second straight year, you have to look on the bright side.

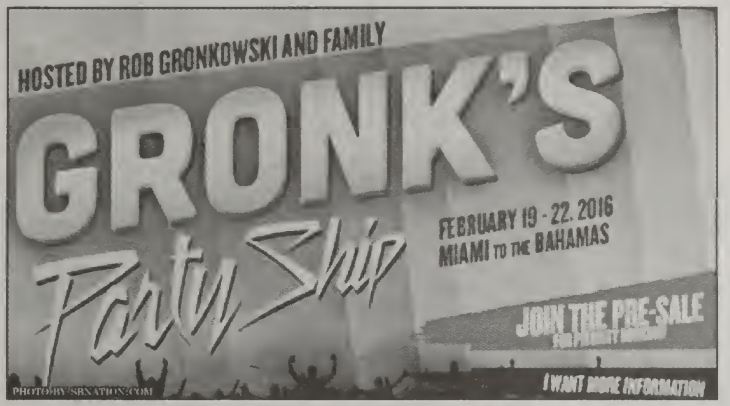
The prayers have finally been answered for Red Sox Nation, rewarding us with a superstar shortstop by the name of Xander Bogaerts. He will be 23 years old when the 2016 season rolls around. Bogaerts is a 23-year-old who has already had his breakout season and playoff experience. Now that Bogaerts knows what he is capable of, it is exciting for a Red Sox fan to know what he is going to do in the future.

Xander is going to stay with us for years to come. It is hard to find a shortstop that can put up these types of numbers offensively while also playing some pretty good defense.

Bogaerts is not a free agent until after the 2019 season, so the Sox still have him for the next few seasons; however, when that time comes around, expect big bucks coming his way.

A raging Gronk causes a ruckus

Devin Bates
Voice Columnist



This past week, Patriots tight-end Rob Gronkowski has made headlines doing what he usually does in the offseason: raging.

It has been well-established by this point, at least in New England, that Gronk has taken a liking to indulging himself on the water, hosting large gatherings on what he calls his party boat; however, when current and former NFL players began to imply that there is a double standard between Gronkowski and Cam Newton, the tight end's antics began to get called into question.

It all started when Charles James II, a cornerback for the Houston Texans, tweeted "but if Cam had a cruise ship... Nvm." This opened the topic for discussion on sports radio, where some imply that it's Gronkowski's race that gives him a pass. Others have pointed out the fact that, since Gronkowski recently won a Superbowl, his image allows for him to do these things.

Personally, I believe that it is a combination of attitude and winning. Using Cam Newton as an example was a poor selection by James, and given Newton's recent attitude and behavior, there would be backlash, and deservedly so. Furthermore, the example used by other players of Odell Beckham, Jr. is also flawed, as he too has been involved in questionable behavior over the past few months.

This is certainly an issue of personality and character. If Johnny Manziel was doing this nobody would be cheering him on, and he would be condemned. Gronkowski has been relatively free of scandal throughout his career, and this has allowed him to build his brand off of fun and rowdiness. If Gronkowski were to ever show up to practice drunk, or miss a meeting due to oversleeping, the media wouldn't be so kind to his offseason activities.

It's not just good behavior that gives Gronk a pass, however, it's also the fact that he's good. If he was still battling a nagging forearm injury and missed half the season, the local media would be blasting him to no end for this.

It's easy to reflect the image that Gronkowski has when your team is successful and you are as well.

Just look at Cam when he was winning. If Newton went out and threw for three TDs in a Superbowl victory, we would love to see him on a party boat. There would be a three-day SportsCenter special on how many times he did a dab during his weekend on the water. We love watching Steph Curry taunt the other team after draining a three pointer, but when Nick Young does it? Get outta here!

This all goes back to one of my favorite sports phrases, "winning is the best deodorant." If you want to talk the talk (or is that ride the boat..?) you have to walk the walk.

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from **CARLIN** *on page 1*

originalists believe that the constitution is merely a guideline rather than omnipotent, and amendments like the second amendment should not be taken so literally: assault rifles and automatic weapons are not what the constitution protects.

Without going into too much detail on which side is correct, the judge objectively represented both sides of the argument.

After a brief recess, the judge opened the floor to questions and comments from the audience.

He was quickly asked a variety of questions.

One student asked the question regarding women and how to constitutionally "raise women from second class citizens to first class citizens."

The judge offered his own personal opinion on the matter and said that the Equal Rights Act would need to go into the Constitution in order to preserve and ensure equal rights for everyone.

He offered professional advice to students, telling them to continue their studies and take every opportunity offered to help their academics. He also noted that résumés should not be long and filled with high school accomplishments.

Prompted by many in attendance, Judge John Greaney offered two options for the SCOTUS in the wake of Justice Scalia's passing: either wait for a new justice or allow the lower court decision to stand.

If a decision can be made without a tie, then it may be able to stay afloat, but such a case seems unlikely.

from CRIME LOG *on page 3*

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
-Liquor Law Violation	16-11-FI	2/12/2016	2/12/2016	2227	University Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-74	2/13/2016	2/13/2016	0007	Dickinson Hall	On	Referred to Student Conduct
- Drug Law Violation	" "	" " "	" " "	" " "	" " "	" "	" " "
- Liquor Law Violation	16-75	2/13/2016	2/13/2016	0037	Davis Hall	On	Referred to Student Conduct
-Harassment	16-76	2/13/2016	1/31/2016	0936	Dining Commons	On	Referred to Student Conduct
- Liquor Law Violation	16-12-FI	2/13/2016	2/13/2016	2216	University Hall	On	Referred to Student Conduct
- Liquor Law Violation	16-13-FI	2/13/2016	2/13/2016	2334	Dickinson Hall	On	Referred to Student Conduct
- Liquor Law Violation	16-78	2/14/2016	2/14/2016	0012	Courtney Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-79	2/14/2016	2/14/2016	0133	Dickinson Hall	On	Referred to Student Conduct
- Assault & Battery (Simple)	16-81	2/16/2016	2/16/2016	2020	Dickinson Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-83	2/18/2016	2/18/2016	2023	Courtney Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-84	2/18/2016	2/18/2016	2154	Courtney Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-85	2/18/2016	2/18/2016	2339	Dickinson Hall	On	Referred to Student Conduct
-Larceny	16-89	2/19/2016	2/20/2016	1927-2035	Davis Hall	On	Investigated
Disorderly Conduct	16-10-AR	2/20/2016	2/20/2016	2349	Courtney Hall	On	Arrest
-Assault & battery (Simple)	" "	" " "	" " "	" " "	" " "	" "	" " "
-Assault & Battery (Domestic)	" "	" " "	" " "	" " "	" " "	" "	" " "
-Resisting Arrest	" "	" " "	" " "	" " "	" " "	" "	" " "
-Liquor Law Violation	16-90	2/20/2016	2/20/2016	0142	Scanlon Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-91	2/20/2016	2/20/2016	0206	Dickinson Hall	On	Referred to Student Conduct
-Liquor Law Violation	16-93	2/20/2016	2/20/2016	2323	Lammers Hall	On	Referred to Student Conduct
-Disorderly Conduct	16-11-AR	2/21/2016	2/21/2016	2341	Davis Hall	On	Arrest
-Liquor Law Violation	16-16-RI	2/21/2016	2/21/2016	0000	Scanlon Hall	On	Referred to Student Conduct
-Drug Law Violation	16-96	2/21/2016	2/21/2016	0237	Scanlon Hall	On	Investigated
-Threat to Commit a Crime	16-100	2/21/2016	2/21/2016	1530	Scanlon Hall	On	Investigated
-Indecent Assault & Battery	16-402	2/23/2016	2/20/2016	0155-0200	Dining Commons	On	Suspect Identified- Referred to Title IX
-Larceny	16-103	2/23/2016	2/23/2016	1605-1645	Wellness Center	On	Investigated

Games & Leisure

2	7		5					
9				8			7	4
8	6		4					9
	8	6				1	9	
3								2
	4	2				8	3	
5					7		6	8
4	1			3				7
					2		5	1

Las Vegas

E S F R E M O N T S T R E E T S S S S
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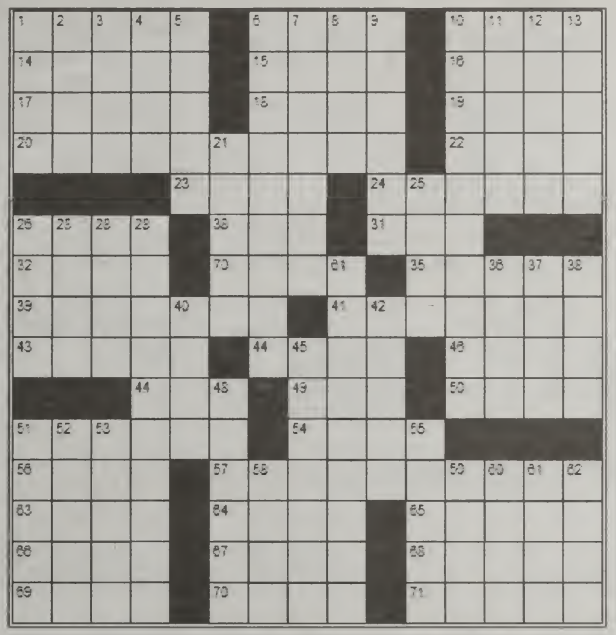
ATTRACTIONS
BUFFETS
CASINOS
CELEBRITIES
CLARK COUNTY
COMEDIANS
CONCERTS
CONVENTIONS
DESERT
DINING
DRINKS
ENTERTAINMENT
FOOD
FREMONT STREET
HOTELS
IMPERSONATORS
LAS VEGAS STRIP
LIGHTS
MAGICIANS
MARRIAGES
MUSICALS
NEON SIGNS
NEVADA
NIGHTLIFE
PERFORMERS
PLAYS
RESORTS
RESTAURANTS
SHOPPING
SHOPS
SHOWS
SINGERS
SOUVENIRS
SPRING MOUNTAINS
SUNNY
TOURISTS
TOURS
TRIBUTE ACTS
VACATION
WARM
WEDDING CHAPELS



ACROSS

1. Mayhem
6. Blah
10. Ailments
14. Pointed arch
15. Hawkeye State
16. Ark builder
17. Eu3ropean blackbird
18. Any day now
19. Extinct flightless bird
20. In a brave manner
22. End ___
23. Leave out
24. Not present
26. Plateau
30. Lyric poem
31. Excluding
32. Press
33. Small slender gull
35. Not written exams
39. A flask for carrying water
41. Mei
43. Test, as ore
44. As a result
46. Dwarf buffalo
47. Precious stone
49. An Old Testament king
50. Past tense of Leap
51. Fleet
54. Mousses
56. Mountain pool
57. Tatterdemalion
63. 53 in Roman numerals
64. Nipple
65. Alcoholic
66. Vipers
67. Wisdom
68. Small mountains
69. Appear
70. Terminates
71. Arm of the sea

DOWN

1. Animal foot
2. Chills and fever
3. Brand of credit card
4. Not under
5. A stringed instrument
6. Objector
7. Adult male chicken
8. Absent Without Leave
9. East Indian tree
10. Manufacturing
11. Not tight
12. Burdened
13. Not tall
21. Overact
25. Rude person
26. Flexible mineral
27. Historical periods
28. Male offspring
29. Hostility
34. Sickens
36. Skin disease
37. Coil
38. Immediately
40. Visual organs
42. Sacred hymn
45. Gaunt
48. An evergreen shrub
51. Collection of maps
52. Lift
53. Complain
55. Raw fish wrapped in seaweed
58. Many millennia
59. Thrust with a knife
60. Replete
61. Small island
62. Where a bird lives

Maze

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- Top Off Brake, Transmission & Steering Fluid
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- Check Thermostat & Gasket
- Inspect Belts & Hoses
- Check Heating System
- Check Battery

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
2/26		LAST DAY TO WITHDRAW FROM SESSION A CLASSES!	Registrar's Office
2/26	3:30p	Yoga with Kathy Niedzielski	Fitness Center
2/26	7:30p	MTG and SGA Present: The Wedding Singer—$2 Tix @ Door	Dever Stage
2/26	10:00p	Brown Bag Bingo! Relay For Life Fundraiser—Donate $1 for extra card	
2/27		National Strawberry Day!	Dining Commons
2/27	10:00a	FREE Math MTEL Workshops	Wilson 418
2/27	2:00p & 7:30p	MTG and SGA Present: The Wedding Singer—$2 Tix @ Door	Dever Stage
2/28		National Chili Day!	Dining Commons
2/29	6-9p	Open Hours at the Reading & Writing Center, No Appointment Needed	Ely Library
2/29	6:00p	Awards Ceremony: Black Girls Rock	Loughman Room
3/1	1:00p	Reading and Note Taking Tips	Banacos Center
3/1	4:00p	Food Committee—Voice Your Opinions about the Dining Commons!	Tekoa Room
3/1	4:00p	Career Chats: Get tips and learn about the Career Center!	Lansdowne Place
3/1	7:00p	What College Won't Teach You! Student Loans, Post-Grad, & more!	Owl's Nest
3/2	10:30a	FREE! Commuter Brunch: Hosted by Alumni & Relations	Tekoa Room
3/2	1:45p	Commuter Council Weekly Meeting—ALL Commuters Welcome!	Ely 020
3/2	7:00p	The Heartbeat of Japan	Dever Stage
3/3	11:00a	Stress Relieving Coloring Party	Parenzo 117
3/3	6:00p	Life After Westfield—New Graduates Share Stories of Success	Scanlon BNQT

WESTFIELD STATE FOOD COMMITTEE

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mhalloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, MARCH 4, 2016

westfieldvoice.com
@westfieldvoice

Women's Basketball Win First MASCAC Title Since 2008-2009

Michael Barry
Sports Editor

PHOTO FROM WESTFIELDSTATEOWLS.COM

This past Saturday, the Westfield State women's basketball team won their first MASCAC tournament title since the '08-'09 season, defeating Framingham State at home by a score of 92-86. The game was a hard-fought battle between two teams who could have easily won it. At the end it was Westfield's standouts that made all the difference.

Coming in to the contest, Westfield had a distinct advantage in bench depth. The Rams of Framingham State were down to just seven players total due to eligibility issues. With numbers on their side, the Owls were able to run a full-court press for the majority of the game, wearing down Framingham's depleted roster.

Despite the lack of substitutes available, Framingham put up a strong fight until the final whistle.

After the first half, the Owls lead by a score of 47-40. Both teams took plenty of shots, averaging just under 40 percent from the field. It was becoming clear that if Framingham didn't turn around their efficiency offensively, Westfield was going to run them out of the gym.

The Owls finished the first half 11-12 from the line while the Rams were just 5-5. Although there is something to be said for being perfect from the charity stripe, if they continued to shoot nearly half the foul shots that Westfield did, this wasn't going to be their game.

In the second half, the game became much tighter. The Rams came out of their locker room with a strong sense of urgency, giving Westfield an all out second half battle.

The story of the second half was senior and eventual tournament MVP Forsabaw Nkamebo. Nkamebo finished the game with team high 19 points and nine rebounds, just one board shy of a double-double. She went 6-9 from the floor in the second half, scoring 13 of their total points. This gave the Owls a huge momentum boost.

League MVP Jill Valley had an off game shooting; however, when it mattered most, the junior came up huge. With 6:20 to go in the game and the Owls down 73-71, Valley hit a huge three pointer, giving the Owls a one-point lead. Prior to this shot, Westfield had given up what was once a ten-point lead.

Valley finished the game with 18 points, seven steals, and five assists on the game. It takes a special talent to be able to have such a slow game shooting and still manage to be a point off the team high in scoring.

Valley's ability to get to the basket, create contact, and get to the line is one of the many things that made her MASCAC MVP.

After Valley's three-pointer, the Owls wouldn't lose the lead again. When the final whistle sounded, the Owls were the conference champions.

Westfield finished their season with an impressive record of 20-7. They now head into NCAA tournament play for just the second time in program history.

The Owls will play Bowdoin College on Friday, March 4 at 7 p.m. in Brunswick, Maine.

In this week's issue

Campus pages 1-6
SGA
Voice Vault
Crime Log

A&E pages 7-10
'Knowing to Cook'
Dazed and Confused
Harper Lee

Sports pages 10-12
Men's Basketball
Boston Celtics
Diaz-McGregor

The objective student press of Westfield State University

VOLUME VII, ISSUE XVI

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, MARCH 4, 2015

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
Emerson will likely face a planned financial deficit in the 2018 fiscal year due to the renovations of the Little Building, the home to one third of the on-campus students. Enrollment for 2017 increased by 4.4 percent, and will likely continue to rise.

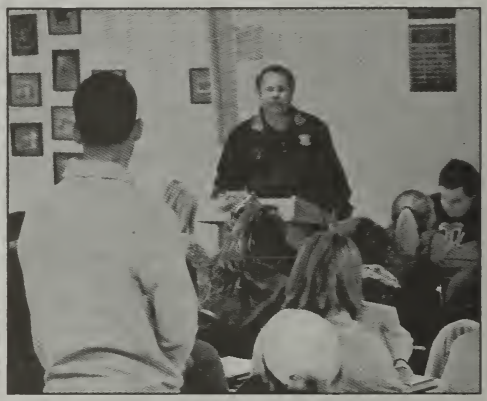
The New Hampshire,
U. OF NEW HAMPSHIRE
Wildcat Hockey lost at home last Saturday against the UConn Huskies, losing their home ice advantage for the first round of the Hockey East playoffs. Though up by three, the Wildcat's let their lead slip in the third and lost in overtime.

The Daily Collegian
U. OF MASS AMHERST
The women's track and field team took third place out of 32 teams at the New England Championship meet in Boston this past weekend with 71.75 points scored. Freshman Ellie Cowan broke the 1990 record, set by Lee Ann Ambrose, in the 400-meter with a time of 54.24 seconds, earning a silver medal.

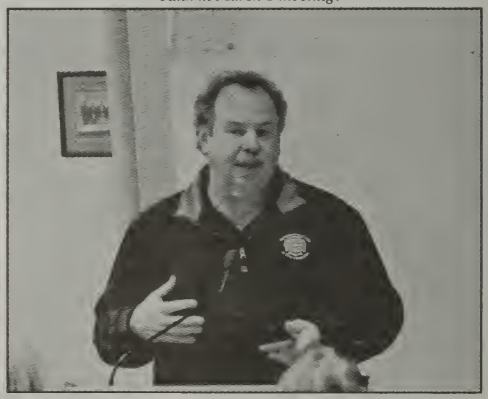
The Washington Square News,
NEW YORK UNIVERSITY
Freshman Emily Rabinowitz was selected to speak at the April TEDxNYU event after pitching her idea at the close of NYU's spirit week. Rabinowitz's pitch centered around students' lack of social awareness, the importance of youth-purpose development, and enhancing one's life by solving various social issues.

Photos from the March 1 SGA meeting

Ashiah Richeme, Residence Director of the Apartment Complex, addresses the SGA about how to join a Living Learning Community.



Reverend Bruce Arbour speaks to the SGA about the student food bank in March 1 meeting.



Are you interested in writing about student government?

Join The Voice as an SGA correspondent and help readers stay up-to-date!

from the editors' desks

Some big developments have unfolded within the cozy walls of Ely 305 in the past week.

The Voice would like to announce that the editorial board has promoted Nick Sarnelli and Gina Muller to be co-editors-in-chief of the newspaper from this day forward.

This shift in positioning would have originally opened up spots for head copy editor and layout and design editor; however, Nick and Gina have decided it best to promote Sandra Mercer to head copy editor.

Sandra has been a committed member of this publication since the beginning of the spring 2015 semester, showing both dedication to our newspaper and expertise in her work as an editor.

In addition, The Voice is looking into potential layout and design editors who can assist in the creation of the pages for each week's issue.

Matthew Carlin, who recently became interim editor-in-chief, will then step back to his original position as managing editor. Matt has been an incredibly valuable asset to this publication in the role of managing editor, and we are excited to have him back in that position.

The Voice is also looking into improving and revamping our online edition in order to expand our readership to more students and faculty.

With social media coordination, we would be able to reach students and faculty within the comfort of their own smartphones and/or computers. They could then use our website to catch up with The Voice and we could reduce our number of paper copies once and for all.

The amount of paper copies we print each week that are not being picked up is thought-provoking on an environmental scale to say the least, and since this is a major concern among the newly-elected editors-in-chief, reducing these numbers is on the agenda for this semester.

The Westfield Voice

The objective student press of Westfield State University

***Nick Sarnelli** and **Gina Muller**, Co-Editors-in-Chief*

***Matthew Carlin**, Managing Editor*
***Zachary Va**, Online Managing Editor*

***Sandra Mercer**, Head Copy Editor*
***William Sondrini**, Assistant Copy Editor*
***Caroline Chizek**, Assistant Copy Editor*

***Nathan Godard**, Op-Ed Editor*
***Monique Desnoyers**, A&E Editor*
***Michael Barry**, Sports Editor*

***Delaney Gembis**, Photography Editor*
***Justin Connolly**, Advertising Manager*

***Prof. Glen Brewster**, Faculty Advisor*
***Prof. George Layng**, Faculty Advisor*

General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a $16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

CRIME LOG

INCIDENT NATURE	CASE #	DATE REPORTED	DATE OCCURRED	TIME	GENERAL LOCATION	ON/OFF CAMPUS	DISPOSITION
Indecent Assault & Battery	16-104	2/24/16	Fall, 2015	Unknown	Davis Hall	On Campus	Suspect Identified-Referred to Title IX
Liquor Law Violation	16-409	2/26/2016	2/26/2016	0050	Davis Hall	On Campus	Referred to Student Conduct
Liquor Law Violation	16-17-FI	2/26/2016	2/26/2016	2335	Lammers Hall	On Campus	Referred to Student Conduct
Breaking & Entering	16-111	2/27/2016	2/26/2016-2/27/2016	1600-1621	Dickinson Hall	On Campus	Investigated
Larceny	16-111	2/27/2016	2/26/2016-2/27/2016	1600-1621	Dickinson Hall	On Campus	Investigated
Trespassing	16-114	2/29/2016	2/29/2016	0025	Davis Hall	On Campus	Trespass Notice Issued

Career Center

2016 Job and Internship Fair

Thursday, March 10th, 2016
(Snow Date: April 14th, 2016)
Westfield State University
Scanlon Banquet Hall 1:30-4:00 PM

Open to all majors, College Students, and the General Public.

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for a list of organizations

Westfield
STATE UNIVERSITY

Get a job!

Westfield State presents eighth annual Job and Internship Fair

From Press Release

WESTFIELD, Mass., March 1, 2016 - Westfield State University will host its eighth annual Job and Internship Fair, on Thursday, March 10, from 1:30 -4 p.m. in Scanlon Banquet Hall.

More than 70 businesses, government and non-profit agencies will be on hand to share career and employment information related to full-time, part-time, and internship opportunities.

Employers who will be in attendance include: Arbella Insurance, Behavioral Health Network, Inc., Enterprise Rent-A-Car, the Multicultural Community Services of the Pioneer Valley, Inc., Six Flags New England, the U.S. Air Force, and the Yankee Candle Company among others.

The fair is free and open to the public. Those who attend are encouraged to dress professionally and bring several resume copies. For a full list of attending employers visit the Career Center website at: http://www.westfield.ma.edu/academics/career-center and click on Career Fairs and Events.

For more information, contact the Career Center, Westfield State University, (413) 572-5206.

see RELEASE *on page 14*

Westfield State Students at the 2013 Job and Internship Fair.

Woman up!

Westfield State celebrates Woman's HerStory Month

From Press Release

WESTFIELD, Mass., March 2, 2016- Westfield State University's Department of Diversity/Inclusion, and Student Activities will hold a month-long celebration of events as part of its annual Month Celebrating Women calendar.

For nearly 30 years, Westfield State has held events dedicated towards awareness and celebration of women's rights and issues involving women globally. What started off as a week-long celebration organized around International Women's Day (March 8th) is now a month-long tribute complete with guest speakers and film screenings. The month is organized by the department of Diversity/Inclusion and Student Activities alongside faculty and staff.

The goal of Women's HerStory Month is to bring awareness to issues surrounding women all over the world offering events that are meant to be both educational and enjoyable.

"Diversity/Inclusion & Student Activities is honored to continue the tradition of highlighting the voices, experiences, and contributions of women," said Lizette Rivera, director of diversity/inclusion, and student activities. "We choose to quote Malala Yousafzai as a theme for this year's celebration. 'We cannot all succeed when half of us are held back.'"

This year's events are:

Monday, March 7- The university will hold a speed networking night with professional women in higher education and leadership positions from 4-5:30 p.m. in Scanlon Banquet Hall.

Tuesday, March 8- Photographer and journalist Diana Mara Henry will give her lecture "Power of the Lens: How movements and media change us," which explores how media images inspire change from women to civil rights. The event will be held from 12:45-2 p.m. in the Ely Campus Center TV Studio.

Wednesday, March 9- Women who have been incarcerated will read their poetry and creative work from 2-5 p.m. in the Owl's Nest in the Ely Campus Center. The event is part of the "Voices from Inside" initiative and a Q&A session will follow the performances.

Thursday, March 10-Professor Shoba Rajgopal will present a screening of the film "She's Beautiful When She's Angry," an account of the women's liberation movement of the late 1960's. The screening will be held at 4 p.m. in the Owl's Nest.

Monday, March 21- The Multicultural Student Association (MSA) presents "HER Voice," an opportunity for women who have made an impact on campus to share poetry, video, song, and

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from the voice vault

*This article was published in the **April 24, 2000** issue of* The Campus Voice.

Habitat for Humanity serves dinner and a house

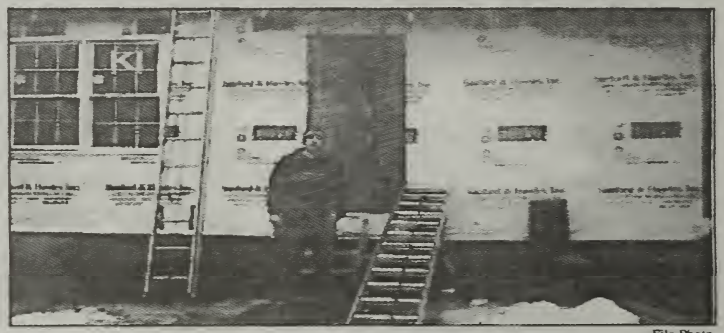
On April 9, the volunteers of Greater Westfield gathered for a dinner of fellowship in the First United Methodist Church on Court St.The Greater Westfield Chapter of Habitat for Humanity was celebrating the advances being made on their mission in the construction of a house on Holland Ave. This mission that each week is closer to being completed.

This mission could not be more fulfilling: to allow people to have homes that otherwise would not be unable to afford them. So many times in life we take our housing for granted. We need to acknowledge how humans need housing in order to meet their emotional, physical and spiritual needs. Housing is such a basic necessity that in our satisfaction with our own housing we can forget those that want and need a house tremendously, but cannot have one do to issues beyond their control.

Presently the major projects that need to be done on the house are plumbing, putting the roof on and giving electricity. In the mean time its volunteers continue to be recruited and to do projects great and small to improve or develop the house. Two doors have recently been installed in the house. Great progress has been through the winter and early spring due to the consistent efforts of its members. Volunteers are still welcome to participate in the construction of the first house built by the Greater Westfield chapter of habitat for humanity.

Presently the students of Westfield State College are in the process of becoming a full-fledged organization by working with the student government. The group will be holding a meeting on April 18 to organize a carwash that will be held on April 29th The proceeds from the carwash will find use either in Westfield or beyond.

There is an unlimited amount of potential for the campus and local chapter. There is the opportunity for people getting involved with the Habitat chapter in Westfield to meet many interesting people, travel to distant places, learn some construction skills and to leave Westfield with the memory of how grateful and satisfied the new residents are to have their own housing.



-File Photo

Eager Habitat for Humanity volunteers donate their time and efforts

The Greater Westfield Habitat Chapter urges any student interested to get involved on the building committee or another committee. To get involved Students can contact: President Marie Elwell (x7546), Vice President: Kristy Hall (x7220) or Secretary: Meghan Witherell (x7108). There is much to be gained from the opportunity of The Greater Westfield Chapter of Habitat for Humanity.

Thanks,
Peter Costas

*This article was published in the **March 1, 1979** issue of* The Westfield State Owl.

State College System Bias?

An investigation by the Board of Higher Education (BHE) into the possibility of the Massachusetts State College System violating it's own affirmative action program has resulted in a citation for failing to provide equal opportunity for minorities and women in the recent appointment of Westfield State College President Francis Pilecki.

The Board of Higher Education Executive Committee voted on Friday, February 16, to inform State College Chancellor James Hammond of their intention to forward copies of the citation to state and federal civil rights agencies. The move could result in the loss of federal funds to the State College System. However, the BHE is not expected to take any action for at least thirty days, during which time Hammond has the right to call for a public hearing on the matter. It is also expected that negotiations between the Board of Higher Education Chancellor Edward McGuire and James Hammond will be conducted during this period.

While the BHE contends that the group of candidates from which the president was appointed failed to sufficiently represent the general population, the State College Board argues that they compiled with their own affirmative action guidelines which allows promotion from within the system without conducting a search. According to a college spokesman the matter is being dealt with solely on state and federal levels and is "out of the hands" of college officials.

The investigation was initiated at the recommendation of the Affirmative Action Advisory Committee for higher education in the state in mid-December last year, shortly after the Westfield State College Student Senate sent a letter to the Massachusetts State College Board of Trustees. The letter questioned the lack of student input and compliance with affirmative action guidelines in the selection of a president at WSC. At that time Student Senate President Gregory DeFronzo was quoted as saying that "we are not stating any reservations about the President-elect at Westfield State College, we are simply requesting that the student's voice and opinion be respected in the future among members of the Board and college administrators."

Deputy Chancellor Lawrence Quigley, president of WSC at the time, later told the student senate that the State College Board had chosen the new president from within the system because they "wanted to be sure of that kind of leadership at Westfield State."

Early in January the State College Board Chairman George Ellison voiced his opinion concerning the Board of Higher Education's jurisdiction in the case. "I question their right to comment on it," he said, "who gave them the right to investigate anything?" His words have since been echoed repeatedly by local press in connection with the alleged violation.

Meanwhile, Westfield State College's new affirmative action committee met last Thursday with Jeff Stetson, the Affirmative Action Officer for the State College System, in a meeting that was described as being primarily "organizational" in an effort to comply with the State College System's new affirmative action policy that was approved last year. According to Susan Goulding, the Affirmative Action Officer at Westfield State, the meeting resulted in the appointment of Prof. George Psychas to the post of chairman of the committee, Donald Ford as vice-chairman, and Kathy Higgins as recorder. Gina Hopkins was delegated as a student representative. Goulding said that the committee "looks forward to full representation by students at the recommendation of the Student Senate." The committee is required to maintain three student representatives.

Want to see more stuff from the voice vault?
Contact **Nick Sarnelli and Gina Muller**, editors-in-chief, to set up an appointment to peer through fifty-plus years of Westfield State news, opinions, arts & entertainment, and sports from **Westek** to **The Westfield Voice**.

arts & entertainment

FRIDAY, MARCH 4, 2015 MONIQUE DESNOYERS, EDITOR

quick hits

as of March 1, 2016

Top 10 Singles

1. Work - Rihanna feat. Drake
2. Love Yourself - Justin Bieber
3. Stressed Out - twenty one pilots
4. Sorry - Justin Bieber
5. My House - Flo Rida
6. Pillowtalk - Zayn
7. Hello - Adele
8. Cake By The Ocean - DNCE
9. Roses - The Chainsmokers feat. Rozes
10. Hands to Myself - Selena Gomez

Top 5 Albums

1. 25 - Adele
2. ANTI - Rihanna
3. Purpose - Justin Bieber
4. The Art of Hustle - Yo Gotti
5. Traveller - Chris Stapleton

Top 5 Movies

1. Deadpool
2. Gods of Egypt
3. Kung Fu Panda 3
4. Risen
5. Triple 9

Upcoming DVDs

1. Creed
2. Room
3. The Danish Girl
4. Miss You Already
5. The Night Before

Within and without Harper Lee

Sarah Wyllie
Voice Contributor

On Friday, Feb. 19, Pulitzer Prizewinning author Harper Lee passed away at the age of 89. Lee was most widely known for her novel "To Kill a Mockingbird," which chronicles a year in Maycomb, Alabama and reflects the South's racial prejudices of that time, as told by nine-year-old Scout Finch.

According to Bio.com, Lee herself grew up as a tomboy in Monroeville, Alabama, which is mirrored in Scout's life in "To Kill a Mockingbird." Her famous novel was published in 1960, and within two years the film adaptation, which later won eight Academy Award nominations, came out.

Lee did countless interviews in order to show her support for the movie.

Unfortunately, Lee never published any other works until 2015 when she released her novel, "Go Set a Watchman." The book depicted the lives of the same characters from "To Kill a Mockingbird" years later.

Although this was her second work published, "Go Set a Watchman" was actually the first novel submitted to a publisher. After having been turned down, Lee revised it into what is recognized today as "To Kill a Mockingbird."

The release of her second novel, "Go Set a Watchman," ignited controversy because of both the content of the story and also the means that the publishers obtained the rights to publish it.

According to National Public Radio, Harper Lee's sister, Alice Lee, helped to guard her privacy relating to other works she had written, but after Alice's death on Nov.17 2014, publishers began approaching Lee in order to obtain the rights to a new novel. Alice Lee's adamancy about maintaining her sister's privacy was because Lee would "sign anything put before her by anyone in whom she had confidence," which publishers were aware of. They jumped at the opportunity when given the chance, according to biography.com.

As for the controversy surrounding the content of the novel itself, many readers were anxious to read about the beloved characters' lives years later when "Go Set a Watchman" was released on July 14, 2015. The novel sold 1.1 million copies within a week, making it the fastest selling book in HarperCollins Publishing history according to "The New York Times."

Whatever expectations readers had before diving into the novel, it was still shocking to read about the morally upright father, Atticus Finch, having a dark side. The dark side being that he was the opposite of the man that readers, in a way, looked up to; instead, Atticus is a racist just like the majority of the characters in "To Kill a Mockingbird."

Depending on how you read Lee's second novel, it can be interpreted as a first draft of "To Kill a Mockingbird," or, as the Finch children grow up, a realization that their father was not as morally upstanding as he appeared to be.

Whether or not her second novel will be adapted into a film has not yet been discussed; however, to honor Harper Lee and her novel that touched millions of people, "To Kill a Mockingbird" is headed to Broadway and is scheduled to open in the 2017-2018 season.

KNOWING TO COOK

Good Times at The Good Table

Ryan Cashman
Voice Columnist

Who doesn't love going out for breakfast? It is as time-honored and American-a-pastime as pie cooling on a windowsill, franks at a baseball game, tailgating, swilling bourbon, and all the other wonderful and idiosyncratic things that make us Americans.

My girlfriend Kelley and I love going out for breakfast on the weekends, and lucky for us, the western Pioneer Valley has no shortage of wonderful breakfast places to choose from. There's Jakes in Northampton and there's always my kitchen here on campus.

But our favorite spot is The Good Table, located on School St. right in the heart of downtown Westfield. There is nothing pretentious or off-putting about this humble family restaurant, open from 6 a.m. to 2 p.m. seven days a week. The sign alone, a nice block of rough-hewn wood with "The Good Table" sprawled out in gold letters, is reminiscent of a diner you'd find on the corner of an intersection in old Manhattan.

Stepping inside, out of the brisk chill of a snow capped winter morning, the warmth of the diner seeps over your body as you take in the smells of toast, sizzling bacon, coffee, cooking eggs, coffee, butter smeared grilled muffins, coffee, home fried potatoes, and coffee.

Kelley and I usually seat ourselves immediately upon entry, seeing as we tend to get there before the morning crowds roll in, but if the place is busy, we stride on into the back of the restaurant and put our name down on a call sheet. The wait is usually no more than fifteen minutes, and it is well worth it.

This past Saturday we beat the crowd and laid claim to a booth on a side of the restaurant we had never sat before. With quick and dazzling consistency, brightly energetic and exceedingly kind servers arrived at our booth and asked the question they always know the answer to.

The question: coffee?

The answer: yes.

Coffee at The Good Table is nothing special. It is not carefully prepared in a French press or a Moka pot. Instead, it is made in your typical American diner fashion: two industrial style coffee machines running simultaneously so no customer is left without their morning elixir. Nothing special, but it's still good coffee.

The real star of The Good Table is the menu, ranging in everything from big and small egg-based breakfasts, to omelets, eggs benedict, and the ever-lovely French toast, waffles, and pancakes.

Every weekend, with unwavering consistency, Kelley orders "The Saint," a small breakfast of one egg, which she takes scrambled with cheddar cheese, choice of bacon or sausage (usually bacon) home fries or hashbrown, (always home fries), and choice of toast (cinnamon raisin without question).

In an opposing fashion, I always change my order. I wanted to try the oatmeal this particular morning, but that idea was met with a glare and cantankerously humorous "you can get oatmeal anywhere" response from Kelley. So instead, I ordered "The Good Table Special" which is exactly the same as "The Saint" just with the addition of an extra egg, which I took over easy, with bacon, home fries, and sourdough toast thank you very much.

You never have to wait long to be served at The Good Table. I think the longest we have ever waited has been fifteen minutes, which, as I said, is worth it.

The eggs are always cooked the way you want them. The bacon and the home fries are always crispy. The toast is the perfect device for mopping up any leftover egg yolk that has managed to seep across your plate.

The price for such a satisfying meal for two is incredibly reasonable. Only once have we paid over twenty dollars for breakfast, but that's because we were both really hungry and ordered omelets, a muffin, two rounds of coffee, and some cranberry juice.

Kelley and I always

see CASHMAN *on page 14*

Westfield professor produces powerful art exhibit

Shauna Legsdin
Voice Contributor

Imo Imeh, an art professor here at Westfield, displayed a collection of both finished and in-progress art pieces exposing issues with race in modern culture this past February. Inspiration for the exhibit came from a book published over a hundred years ago called "Ten Little Nigger Girls" written by a white woman named Nora Case. The book follows ten black girls as each one dies in a freak accident.

Imeh used this book as a foundation to recreate the story of the ten black girls in a modern way.

Imo Imeh's exhibit includes portraits of the girls, with all but one falling victim to tragedy. The exhibit's purpose was to show the issues black girls face in present day, partly placed on them by society's relationship with the black race.

One of the first paintings in the exhibit is "Forgotten Girl." She wanders off and is lost forever, representing the invisibility of black children in modern media and society.

"Gone Girl" had a similar fate. She represents an unsolved death, never to be resolved because her disappearance is overshadowed by other news.

This is a photograph from the book that inspired Imeh's artwork.

One piece in particular, "Suicide Girl," was very moving. Not only does she represent the effects of mental illness, but also the effects society has had on her in making her see herself as a monster because of the color of her skin. In the artwork, she is portrayed both as the hero and monster, standing tall while holding up her own severed head, which is depicted as Medusa.

The issues expressed in Imeh's exhibit are universal, but do not hold the same

see LEGSDIN *on page 14*

This is how your parents partied in high school

Joe Egitto
Voice Contributor

Sex. Drugs. Rock and Roll. All of these ingredients came together to form the most perfect decade in history: the 1970's. Yes, the 70's. A time when hippies roamed, Led Zeppelin reigned supreme, and "Make peace, not war" was the credo of the youth culture. It also happens to be the time when most of our parents did some of their best partying in high school.

Though it is true that as of now time machines do not exist, one does not need to fret. If you desire the opportunity to travel back to the flower power decade, I will give you the step-by-step directions to do so. First, walk to Ely library. Next, go to the DVDs section, where you will find a copy of Richard Linklater's "Dazed and Confused" (1993). Then walk back to your dorm, pop the movie into your DVD player, and sit down and enjoy. You are welcome.

In all seriousness, it does bring me a lot of joy to finally review this movie because I love everything about it. From the minimal plot to all the tiny production flaws, this movie has brought me so much joy over the years. It goes without saying that it is my all-time favorite movie.

As for the "plot," the movie follows the lives of a group of high school

students on their first day of summer before senior year. It all takes place in one day and showcases all the hijinks of adolescent life: smoking weed, drinking beer, and listening to Foghat until the early morning. Boasting a terrific cast and an authentic soundtrack, the movie looks like it very well could have been filmed in the 1970s.

Richard Linklater, one of the best directors working today, creates a masterpiece that is much more than just a high school movie. Linklater, responsible for great movies such as "Before Sunrise" (1995), "School of Rock" (2003),

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owls athletics

Friday, March 4, 2016 Michael Barry, Editor

A season of ups and downs: the Owls had a good run

Andrew McIntosh
Voice Reporter

The Westfield Owls basketball season has come to a close after losing the semi-final game to the Fitchburg Falcons 65-96 in the MASCAC tournament. The game took place at top-seated Fitchburg State's home court after the Owls impressive 91-90 win in the previous game to Worcester State. Although the season did not end as the Owls predicted, they are a young team with a very bright future.

The Owls were trailing 48-32 going into halftime and couldn't dig themselves out. Playing on the road in any sport can be tough, especially when it comes to playoff basketball. With the crowd against you it's difficult to get into a rhythm and be able to have productive offense.

The second half it was more of the same; Westfield was outscored 48-33. Jose Allen lead Westfield in scoring, shooting 4-6 from the three point line, recording 12 points on the night along with two assists. Jesus Sanchez had an efficient night shooting by making four of seven shots and converting them for ten points, along with making 2-3 free throws. The bench for Westfield had a productive night and was able to score 24 points.

The story of the night for Fitchburg was Kwame Lee who scored 19 points. Jaleel Bell shot 50 percent from the floor, taking away ten points along with Givaughn Jones scoring 14 points on the floor and six points from the free-throw line. Fitchburg was able to capitalize on their opportunities and got out to an early start.

Fitchburg shot double the amount of free throws than Westfield did. Westfield shot 8-16 from the free-throw line while Fitchburg shot 26-37 from the free-throw line. In college basketball, there is always stress on being able to draw fouls, but when the other team is getting to the free throw line almost twice as often, it's challenging to cut the deficit.

It seems that Fitchburg's game plan was to force the ball inside and force Westfield to foul or allow easy points inside. Fitchburg was able to assert their dominance on the low block by scoring 48 points. Any time where you can convert for easy points down low for great success, it's a challenge to stop.

The Owls had a good run, a season of ups and downs showed the toughness of this team. The team was able to come away with an impressive tournament win. They couldn't trump Fitchburg at any point this season, so next season the Owls will look to crack the code in order to push farther in the tournament.

The Owls will only be losing two seniors, and although their leadership and experience will be missed, it is always helpful to have returning players who are familiar with the system. The future is bright for the Owls, and they will be back next season hoping to improve on mistakes and keep up what they have been doing well. Next year is a new season with new opportunities; only time will tell how the Owls fare next year.

Celtics plenty capable of taking care of business

Tim Jaroche
Voice Reporter

The Celtics are in third place in the Eastern Conference and have won 11 straight games on their home floor. With 20 games left in the regular season, the Celtics are making a run for the second seed in the conference where the Raptors currently stand 4.5 games ahead.

Some fans were disappointed that the trade deadline came and went without the C's making any moves, but that was best for the team.

The reason for this team's continual success is that every player on the court feels the weight and pressure to win. This team doesn't depend on one man all game or when it comes to the final shot. That's why this team is dangerous.

Since the All-Star break, all of their games have been close coming down to the final minutes. Normally, when a team needs a game winning or tying shot, they have one guy that everyone knows is taking the shot. That makes it a lot easier for the defense to double-team the shooter or put your best defender on him.

As far as the Celtics go, they have five guys that have proven they are willing to take the last shot and often make it. Thomas, Bradley, Smart, Turner, and Crowder have all been in that position this season.

In this way, not having a star or go-to-guy gives the Celtics a huge advantage in crunch time. The opponents cannot afford to have anyone on defense that is considered a liability because of the possibilities the C's present in the final seconds of games.

Along with this advantage, the Celtics have depth and versatility. Most of the time, anyone on the court is capable of taking a three, which spreads the floor out and opens lanes to drive for guards like Isaiah Thomas.

Everyone can run the floor on fast breaks, including big man Tyler Zeller, who has been providing quality minutes off the bench recently. The defense continues to take risks, which provides instant offense that wears out the opponent.

Looking ahead, there won't be any easy wins for the rest of the season. With 21 games remaining, 14 opponents are playoff bound as of right now.

I expect a lot of games to come down to the last minute where the Celtics have proven themselves plenty capable of taking care of business.

Diaz to fight McGregor in place of Dos Anjos

PHOTO FROM FLOWKICKMMA.COM

Jack Corsi
Voice Columnist

We were supposed to get Champion vs. Champion on Saturday, but we are going to get something a whole lot different instead. The fight was slated to be Rafael Dos Anjos taking on Conor McGregor, but with an injury to the Brazilian, we will be seeing a totally different fight.

A man from Stockton, California will be stepping in, and by stepping in I mean we are about to see an all-out war. This man is one of the toughest men in MMA, and his name is Nate Diaz.

This bout is scheduled as a Welterweight fight, meaning both men will be putting on a few pounds.

What does this mean for a guy like Nate Diaz? Diaz comes in as one of the toughest men in all of MMA. He also has a very bad attitude and is someone who plays a lot of mind games with his opponents.

He will go as far as to flipping the bird during a fight (UFC on FOX against Benson Henderson). Diaz is a guy with nothing to lose. He wanted this fight, so he got what he wished for.

Now look at McGregor. He has the world to lose here. Yes I know it's a non-title fight, but the unbeaten record, the "I can win at every weight class mentality" goes out the window with a loss here. Jumping up two weight classes is a tough thing to do. McGregor's belt is safe and secure around his waist, but his pride and never-say-die mentality are gone with a loss.

Listen, I am a huge fan of both guys, so this build up is almost annoying to me. If we got the few month build-ups, the hatred would be flowing like the Mississippi River. If you get the chance, go and watch the press conference. One word describes it: wow. The two had a profanity filled war of the words. McGregor says he is used to fat paychecks, and truth be told, they will be getting paid.

The winner will have all the momentum in the world. Diaz could be barking for that title shot at either Dos Anjos or Welterweight champ Robbie Lawler. He could also set himself up for a shot at Stephen Thompson with the win; the winner of that gets Lawler.

For McGregor, maybe he takes his shot at Lawler, but I don't think he wants him quite yet. I would love to see a McGregor-Max Holloway rematch; I think Holloway deserves one, but he was dominated in the last fight, so McGregor may laugh at that.

Maybe Georges St. Pierre comes out and takes on McGregor. They're two totally different personalities; McGregor may be able to get into GSP's head.

My pick is Diaz by the 2nd round TKO, and I really don't know if McGregor stands a chance.

To me, it does not matter that Diaz is fighting on a week's notice. Look at Chad Mendes; if he had a full camp he probably would have beaten McGregor.

Horoscopes

May the stars be ever in your favor...

Aries
(March 21 – April 19):
Academic struggles are on the horizon for you, Aries. The stars think it would be best for you to quit dabbling in biochemistry and pursue a career in flash dancing.

Taurus
(April 21 – May 21):
Tauruses are notorious for being a low-quality people. Embrace this destiny!

Gemini (May 22 – June 21):
A big promotion at work awaits you. It is too bad that you are not qualified for the job.

Cancer
(June 23 – July 22):
Time to visit grandma. She misses you.

Leo
(July 23 – August 23):
What you are doing is wrong. I know it. You know it. The stars know it.

Virgo
(August 24 – September 22):
You have been itching to find love and companionship; however, Virgos are better suited for a lifetime of solitude.

Libra
(September 23 – October 22):
Everyone may be calling you paranoid, but your theory that your friends have started an underground fight club without you is true.

Scorpio
(October 23 – November 21):
Your lifelong dream of becoming a wedding singer will never be achieved. Unfortunately, Scorpios are better suited for boring careers in medicine or engineering.

Sagittarius
(November 22 – December 21):
A surprise guest will be visiting you this week. It will be a Taurus, so keep your doors and windows locked tight.

Capricorn
(December 22 – January 19):
Avoid all Cancers with whom you have had a brutal, century-long family rivalry.

Aquarius
(January 20 – February 18):
Reality check—you cannot keep this charade up for much longer, Aquarius. Get your passport and your affairs in order.

Pisces
(February 19 – March 20):
Your future is as cloudy as the forecast this week, Pisces.

gail's guidance

Dear Gail,
What should I do if I ran out of Sodexo bucks but I don't like the DC food?

Signed,
Anonymous

Dear Anonymous,
Starve.

Signed,
Ya Girl Gail

Dear Gail,
What should I do if my boyfriend invites me to events that I really don't enjoy? For example, he always tries to drag me to car shows...

Signed,
What is a stick shift?!

Dear What is a stick shift?!,

This is a sticky situation. As a woman who has been happily married for 20 years, I've come to learn that most dilemmas resolve themselves with a compromise. There is absolutely nothing wrong with being honest about differences in preference with your significant other.

My husband and I went swing dancing every Tuesday for four months before we came to the revelation that we both detested cowboy boots and songs about banjos and Chevy trucks!

So, if he really wants you to tag along, you should suggest that he come to the Florence + The Machine concert with you, or whatever interest you have that he isn't enthusiastic about.

Who knows—maybe he'll even fall in love with her ethereal voice and brilliantly poetic lyrics. One the other hand, if he refuses to reciprocate your generosity, I suggest that you skip the car show and have a date night with Tarantino and the dog.

Who cares how many cylinders your fancy car runs on anyway?

Best Wishes,
Ya girl Gail

from CASHMAN *on page 8*

leave The Good Table with happy stomachs, ready to conquer our weekend. The Good Table is a place where locals come to meet up and chat over a great morning meal. It is a place where students come when they are looking for a real breakfast. Have I mentioned that The Good Table accepts Owl Bucks? Most importantly, however, it is a place where you can still find the glimmers of an American tradition—a tradition surrounded by good food and good company, served on a good table.

My point is, if you haven't already, go and get breakfast at The Good Table!

As always: buona tavola é mangiare bene!

from EGITTO *on page 9*

and "Boyhood" (2014), is truly one of the great American directors of the past thirty years. I highly recommend any movie from his filmography.

"Dazed and Confused" also has the honor of being the starting point for many successful acting careers. Jason London plays Randall "Pink" Floyd, a senior who refuses to conform to the offseason rules of his football coaches.

Matthew McConaughey ("True Detective" and "Dallas Buyers Club") plays the stereotypical mid-twenties creep who is respected by all and still tries to live life like a high school senior. Adam Goldberg ("Saving Private Ryan" and "Fargo" the TV series) is a nerd who wants to make sense of his life.

And wait a minute—is that Ben Affleck? Yes, my friends. This film was one of Mr. Boston's very first movie appearances. The soundtrack plays over the movie like a character in and of itself, with songs from ZZ Top, Bob Dylan, and Lynryd Skynyrd.

If you are anything like me and enjoy watching this movie over and over again, begging for there to be more, you are in luck. In just a few months, Linklater is releasing "Everybody Wants Some," the "spiritual sequel" to

"Dazed" that instead follows the lives of college freshmen in the 1980s. Before you ask: yes, I will see it opening day.

Overall, the movie is a very easy film to watch, and it does not take much concentration. Much like the decade it portrays, it is very laid back and groovy, man. Nine stars out of ten.

Do you attend athletics events?

Do you own a camera?

Well, take some photos!

Send your photos to thevoice@westfield.ma.edu then look for your photos in the next issue.

from RELEASE *on page 5*

other means of media at 7 p.m. in the Owl's Nest.

Tuesday, March 22- Spoken word artist Katie Wirsing, whose work has been featured on college campuses around the country, NPR, and the BBC, will perform at 7 p.m. in the Owl's Nest.

Friday, March 25- The English department will hold a "Cross-Cultural Literature Symposium" aimed at providing professional-level experience and a broader exposure to world literature, postcolonial, and gender studies for students.

The symposium will be held from 9 a.m. – 2 p.m. in Scanlon Banquet Hall B and C.

Monday, March 28-Lawrence Watson of Berklee College of Music, will give his presentation "Still on the Journey: A Celebration of women in the civil and human rights struggle from Mary to Ida to Beyonce."

The presentation will show how music teaches us about history and life. The event will be held from 6-8 p.m. in the Owl's Nest.

All of the events are free and open to the public. For more information, visit http://www.westfield.ma.edu/mcw or call Lizette Rivera at (413) 572-5442

from LEGSDIN *on page 9*

weight for different races.

In his conversation sessions, Imeh explained that there is a reason why the ISIS beheadings of white men were blurred out on television, but photos of Trayvon Martin, for example, were not blurred. Since the beginning of slavery, the nation has been desensitized to black suffering.

In the early 1900's, lynching was a source of entertainment, and pictures of them were turned into postcards.

On the Internet today, you can find memes and other "lighthearted" depictions of black suffering.

One thought to take away from Imeh's exhibit is that racism is embedded in our society, no matter how many people denounce its existence.

Sometimes it can be hard to recognize or see a problem with our society's portrayal and coverage of black suffering because our nation has normalized it.

Games & Leisure

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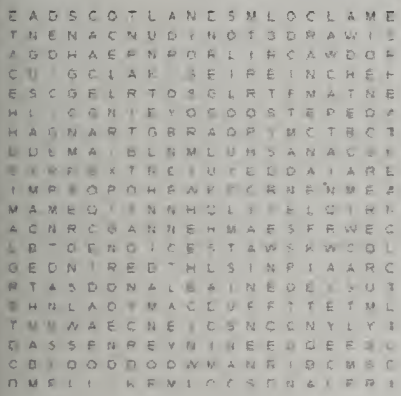
1	6	4		7				

Shakespeare: Macbeth



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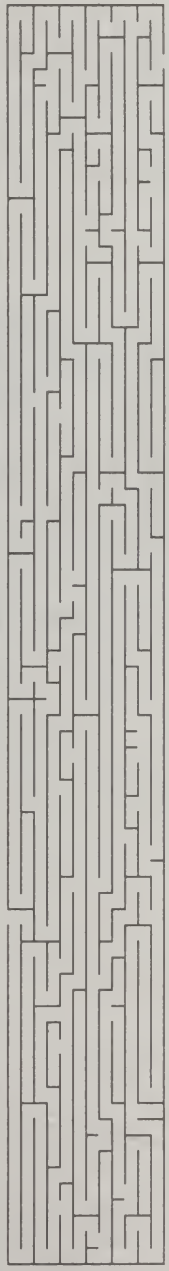
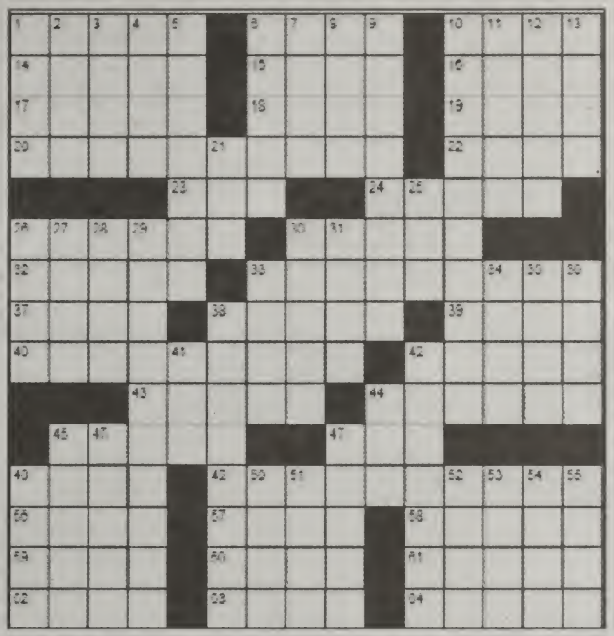
MURDERERS
NORWAY
PORTER
PROPHECY
QUEEN
REGICIDE
ROSS
SCONE
SCOTLAND
SEYTON
SIWARD
SLEEPWALKING
SOLILOQUY
THANE
WEIRD SISTERS

Maze





ACROSS
1. Approves
6. Sensed
10. Anagram of "Ties"
14. Hotel employee
15. Wings
16. Stepped
17. Wash out with a solvent
18. Train track
19. Learning method
20. A payment of money
22. Basic unit of money in China
23. Unhappy
24. Truths
26. Associate
30. Nothing-but-net sound
32. Heavenly hunter
33. Calmness without winds
37. Breathe hard
38. Earthquake
39. Small island
40. Not here
42. Building addition
43. Periods of seven days
44. Fast
45. Wear away
47. Hit on the head
48. Aspersion
49. A verbatim performance
56. Role
57. French for "State"
58. Audio communications
59. A D-Day beach
60. Certain
61. Make improvements
62. Depend
63. Chickadees
64. Discharges

DOWN
1. Not under
2. Cabbagelike vegetable
3. Astringent
4. Abominable Snowman
5. Type of hat
6. Unit of capacitance
7. Distinctive flair
8. Nonclerical
9. Television movie
10. An alkaloid plant toxin
11. Anagram of "Tutor"
12. Smidgens
13. Biblical garden
21. Bar bill
25. American Sign Language
26. Expect and wish
27. By mouth
28. Containers
29. Remarkable
30. Mixes
31. Sage
33. Search
34. Feudal worker
35. Sleigh
36. Alluring
38. Most diaphanous
41. Married
42. Garb
44. Drunkard
45. Gladden
46. Not urban
47. Nibbles
48. Prod
50. Decorative case
51. A heavy open wagon
52. Docile
53. Bright thought
54. Pig sound
55. Gestures of as-

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
3/4	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
3/4	9:00p	CAB Ice Skating—Skate Rentals $3 FREE Shuttle from Scanlon	Amelia Park Ice Rink
3/5	10:00a	FREE MTEL Math Workshops	Wilson 418
3/7	4:00p	Mass Women Mentoring Moments	Scanlon BNQT Hall
3/7	6:00p	FREE MTEL Math Workshops	Wilson 418
3/8	11:00a	International Women's Day Poster Fair	Ely Campus Center
3/8	12:30p	Power of Lens: How movements and media change us	Ely TV Studio
3/8	4:00p	WSU Grief Group	Counseling Center
3/8	4:00p	Office Hours with VP of Academic Affairs Dr. Marsha Mandra	Ely 020
3/8	4:00p	Career Chats	Scanlon Hall Lobby
3/8	4:00p	Food Committee	Tekoa Room, DC
3/8	7:00p	Salsa Club General Interest Meeting	Ely 021
3/9	8:00p	The Troubles, The Rising, And Sean Lemass	Loughman LVG RM
3/9	11:00a	Pet Therapy—PET THE PUPPIES!!!	Ely 2nd Floor
3/9	1:45p	Commuter Council Weekly Meeting	Ely 020
3/9	2:00p	Reading and Note Taking Tips	Barnacles Center
3/9	2:00p	Voices From Inside	Owl's Nest
3/9	7:00p	Active Minds Club	Ely 021
3/10	4:30p	2016 Job and Internship Fair	Scanlon BNQT Hall
3/10	4:00p	Film Screening: She's Beautiful When She's Angry	Owl's Nest
MARCH 14—18 IS SPRING BREAK! NO CLASSES!			

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mbrown@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, MARCH 11, 2016

westfieldvoice.com
@westfieldvoice

Westfield State rises above to kick cancer to the curb

Emily Spakauskas
Voice Reporter

Students at Westfield State University have come together in order to crush the stereotype that college students are oblivious to the reality of the outside world. The trouble is that this reality is often overlooked because students are too caught up in the college lifestyle. It is easy to stay inside the comfort of an on-campus routine, unaware of what is happening in the rest of the world.

In actuality, there are many horrible things happening that college students may not think they have to deal with if it is not happening to them personally.

One of these horrible things that Westfield has chosen to combat is cancer.

Westfield has its own branch of clubs that work to support bigger organizations, such as Love Your Melon and Relay for Life club, as well as the Buzz-Off for Kids with Cancer event. These student-run clubs and events all work towards fundraising through the Westfield community to battle cancer.

The Relay for Life club hosts an overnight community fundraising walk every spring where all donations go to the American Cancer Society.

"It's an event to remember those who have fought, those who are still fighting their battles, and those who have won," said newly elected vice president Julia Long.

The club meets every week year-round. During that time, they discuss upcoming events on and off campus that they will host to spread the word about fundraising. Their big event in April is their main focus, where they raise money by holding raffles and playing games all through the night. Participants sign up to walk around an indoor track, tell their stories, and learn about how their community is working towards a cure for cancer.

"Relay for Life club is a place where you can feel comfortable, have fun, be creative, and enjoy each other's company while thinking of ideas to spread the word for donations to help find a cure," said Long.

This is just one of the clubs on campus where students have stepped up to face cancer by reaching out to the Westfield community.

This semester, students on the Westfield State campus banded together to form their own Love Your Melon campus crew. Love Your Melon is an apparel company operated by college students located all across America that is partnered with the Pinky Swear Foundation and CureSearch. Their mission is to be able to give a "Love Your Melon" hat to every child battling cancer in the United States. For every hat purchased, the same one is given to a child fighting cancer. Fifty percent of all proceeds from each hat purchased are donated to the Pinky Swear Foundation and CureSearch.

"This campus crew is all about continuing to help children with cancer until there are no hats to give, and hopefully that's because there will be no more cancer," said vice-captain Alexis Finn.

See ***Spakauskas*** on page 9

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Campus pages 1-4
SGA
Internships
Press Release

A&E pages 10-11
'Knowing to Cook'
Parks and Rec

Sports pages 12-14
Men's Hockey
Mens Basketball
Peyton Manning

The objective student press of Westfield State University

VOLUME VII, ISSUE XVII

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FRIDAY, MARCH 11, 2015

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
The college announces plans for a new permanent dining hall and student social space by the fall of 2017. The new dining hall and the new 2 Boylston Pl. residence hall are scheduled to open simultaneously.

The New Hampshire,
U. OF NEW HAMPSHIRE
The Peter T. Paul College of Business and Economics' Hospitality Management Program was ranked among the top 10 percent nationally.

The Daily Collegian
U. OF MASS AMHERST
Students say the police were respectful during this years' "Blarney Blowout." They said it was safer and more successful then Blarney weekends of the past.

The Washington Square News,
NEW YORK UNIVERSITY
NYU sophomore and activist Ella Azoulay promotes a club called The Animal Welfare Collective. The group of more than 20 members is an organization that advocates for animal rights.

Spring Cleaning Formalwear Drive on Campus!

Marissa Cremin
Voice Contributor

PHOTO TAKEN BY DELANEY GEMBIS

Get your dancing shoes ready, because prom season is upon us! The Student Government Association is sponsoring a dress drive on campus to assist local high school girls in need of a gown for the special occasion. From now until March 28, SGA will be collecting gently worn prom and party dresses, evening gowns, shoes, and accessories including clutches and jewelry. This drive gives girls the chance to experience prom the way that every teenager should be able to.

Members of the Community Relations/Fundraising committee at WSU wanted to help West Springfield High School with the prom dress initiative that they began two years ago out of a space known as the Terrier Closet.

"The Terrier Closet is open all school-year long and has many donated items such as hygiene products, clothing, school supplies, backpacks, and coats. The closet has been open for about seven years now and has grown! The prom dress initiative has been a huge success in the past," described Kelli Quigley, the school's adjustment counselor.

Sarah Mikel, a West Springfield High School graduate, created the Terrier Closet as a senior project in 2011. Once Mikel graduated, Quigley assumed the role of the coordinator of the closet. She has also engaged students from the Reconnecting Youth Program to help keep the initiative alive.

Quigley manages the Terrier Closet with the help of dedicated student interns and volunteers. Many students have benefited from the work that they do, and enjoy the opportunity to get involved at their school. Students described that working with the Terrier Closet has helped them to understand how important it is to be grateful for what you have.

"I have enjoyed interacting with students and giving them an opportunity to be able to help their peers. Students report a strong intrinsic and meaningful reward taking part," says Quigley.

She is happy to have had the opportunity to work with such a passionate group of individuals on an initiative that has benefited hundreds of students with things such as hygiene products, school supplies, gowns, and clothing.

The Community Relations/Fundraising committee is working hard to promote the initiative on campus and reach as many people as possible before spring break.

"We figured that March would be the best time for the dress drive. When people go home for spring break, they will have a chance to clear out the back of their closets and find dresses and accessories to bring back. I know that there's dresses in my closet I haven't touched in years that I would love to let a girl wear for prom!" explained Mackenzie Deminico, Community Relations/ Fundraising Representative to the Class of 2018.

"It's such an important drive because every girl should be able to go to prom without having to worry about the costs involved," said committee member Kendall Dunbar.

Deminico agreed that the anonymity of the project is one of the reasons that it seems to work so effectively.

"Many girls might feel embarrassed to come and pick out a dress, feeling like they're being judged. No one should have to feel like that, and that's the beauty of this project. Giving girls the choice of making it anonymous is such a great way they can be confident and comfortable," Deminico added.

Quigley has big plans for the future of the prom dress initiative. This year she wants to reach out to local high schools and invite students to take advantage of the Terrier Closet. She plans to organize with other high school counselors in

See CREMIN on page 9

Internships: the keys to successful futures

Joshua Poirier
Voice Contributor

Attention students: start compiling those resumes because the real world is right around the corner. Though some like to believe that college is just about cheap beer and parties, that isn't the case.

Believe it or not, college is also a platform for an education that will lead to a successful job. Learning in a classroom, however, is not going to be enough to stand-out in the big, bad working world.

Good grades are a great start, but students should be able to demonstrate what they have learned rather than repeating a couple of lines from a textbook verbatim.

The solution: internships.

Internships are the answer to everything. They are the first foot-in-the-door, providing students an opportunity to show their work and expertise.

They can also give students a glimpse of what life might look like after receiving that wonderful piece of paper announcing the completion of their degree.

Professor Nigel Dobereiner, the internship coordinator for the communication department, helps students find the perfect fit for their internships.

The department accepts 30 interns each spring, ranging from local television stations, newspapers, and public relations agencies. Professor Dobereiner has worked as the internship coordinator for five years and has watched students excel in their field, exceed expectations, and jump into the job without any fear.

"If you could possibly be offered a job, why wouldn't you try your hardest? Don't be afraid, but don't be afraid to ask questions either," said Dobereiner on the importance of internships.

Students can use a mentor, the career center, or anyone else that can help them figure out their future rather than gliding through their four years of college. Before they know it, it is time to find that first job.

Peter Francis, an alum and communication graduate from the Class of 2013, speaks highly of the career center, which led him to his internship and his first job.

PHOTOS PROVIDED BY BURTCHWORKS.COM

In turn, this job was the springboard to his title as reporter for the newspaper "The Eagle Tribune."

Francis believes an internship is there for students to succeed, fail, and learn as much as they can to bring those experiences with them.

Establishing good habits now is the key to having good habits in the future. With an internship, students expose themselves to a variety of experiences that lead to new habits they can take into the classroom and the working world.

As Francis says, "a degree doesn't get you off your parents couch."

One piece of paper does not set a student apart from the rest of their graduating class; rather, what they have done up until that point does. Considering internships, career fairs, alumni mentor nights, and over 800 internship opportunities in the Westfield State job database, the possibilities are endless.

Westfield sets its students up to step out into the world with internships under their belts and enough knowledge to tackle the tasks they will encounter.

Even by checking their campus email, students can see that Westfield offers more than they may think.

Katherine Bennett, a senior in the communications department, obtained her internship through a school email from the career center that was sent out to all communication majors.

She has been working with the career center by helping coordinate the University's social media accounts in hopes her career field goes down the same path.

"Honestly, so many people take for granted everything the school offers," Bennett said.

The deadline for internship applications for academic credit is April 15, so it is a good idea to exercise those good habits now and apply sooner than later.

Students will not want to miss out on such an opportunity.

Westfield State's MSW program tops regional list for affordability, access

From Press Release

PHOTO PROVIDED BY MOLLY WATSON

WESTFIELD, Mass., March 7, 2016- Westfield State University's Master of Social Work (MSW) program topped the list of "The 14 Most Affordable Accredited MSW Programs in the Northeast 2016" by Social Work Degree Guide.

This ranking comes on the heels of a February 25, 2016 story published in the national education publication Inside Higher Ed, which suggests due to growing student interest in issues including social justice, social activism, and economic inequality, the MSW degree is becoming this generation's law degree.

According to the article, law school applications have been dropping since 2010 while MSW applications have been increasing.

Westfield State University's MSW program is particularly attractive to students. Students pay one price regardless of whether they are in-state or out-of-state. Additionally, it is a hybrid program of both classroom and online course work.

The program has single focus on applied clinical social work preparing students for a wide array of clinical positions including work with the Department of Children and Family Services and the Children's Behavioral Health Initiative, two areas of high need in the Commonwealth.

These factors contribute to a successful track record in job placement for both its bachelor and master of social work programs. More than 95 percent of the university's BSW graduates are accepted into graduate school or find employment in their field within one year of graduation. For the MSW graduates, more than 95 percent are working in their field within a year after graduation.

Dr. Robert Kersting, chair of the social work department, attributes the department's success to the department faculty.

"Today, a social work degree is one of the nation's most relevant degrees despite the fact it is not known for being a high-paying field," Kersting said. "Westfield State's program sets students on a path to success because the social work faculty have worked tirelessly to create access to programs and opportunities for our students that speak to their desire to be engaged within the communities in which they live and work, but which do not leave them in debt for years afterward."

Established in 2010, Westfield State University's Master of Social Work (MSW) program's mission is "to provide a high quality accredited graduate level social work education that is accessible to our students."

The program has two goals: to prepare graduates who will have mastered the knowledge, values, and skills of the social work professional generalist practice core and are prepared for clinical social work practice in today's complex world. The MSW program is offered through part-time and full-time options.

Westfield State's 66 credit program costs $400.00 per credit (including all tuition and fees). At this time students can attend the MSW at WSU part-time for as little as $3600.00 per semester and approximately $6400.00 per semester full-time.

Increasing scrutiny regarding Department of Children and Families (DCF) caseload has caused state-wide concern and prompted action from the governor's office. News station WCVB reported last fall, the number of social workers with crisis-level caseloads, defined as 20 or more cases, is on the rise. As of August 2015, there were 27,000 open cases in the state, 40 percent of which were assigned to social workers in western Massachusetts.

The Social Work Degree Guide is an online resource for "finding up-to-date information about educational and career options in social work." They examined 129 institutions located in the east that offer a master's in social work. From those schools, accreditation status was confirmed with the Council on Social Work Education (CSWE).

The CSWE is recognized by the Council for Higher Education as the only accrediting agency for social work in the nation. Then, the pool of schools was narrowed to include only those from states in the northeast: all New England states, as well as Delaware, Maryland, New Jersey, New York, Pennsylvania, and Washington, DC.

Each school's graduate tuition and fees were reviewed, as listed by NCES College Navigator, and the schools were ranked in order of affordability.

THE HENRY WEFING JOURNALISM SCHOLARSHIP

The Henry Wefing Journalism Scholarship honors the memory of beloved Professor Henry Wefing who began teaching at Westfield State in 1985, and taught until he became ill in the fall of 2014. He was the key faculty member in the Communication Department's journalism and writing courses as well as the bridge between the journalism programs in the English and Communication Departments. Professor Wefing, a veteran reporter and editor before turning to teaching, believed strongly that a journalist in any medium should strive to be fair, accurate, and curious as a reporter and an imaginative storyteller as a writer.

The Communication and English Departments invite their majors to apply for a $600 scholarship award for the 2016-2017 academic year. Preference will be given to students with an interest in **Journalism or related fields and majoring in Communication or English**. To be eligible applicants must be enrolled full-time in an undergraduate day or DGCE program at Westfield State and must have a GPA of 3.0 or higher.

Application Must Include:

- ✓ The Henry Wefing Journalism cover sheet (available in Comm Dept office)
- ✓ A copy of the most recent official transcript available
- ✓ An essay of 500 words

Essay Guidelines:
Please submit an essay that demonstrates how you envision the positive journalistic values espoused by Professor Henry Wefing will inform your future career. Your essay may refer to your prior experience as a journalist, if applicable, or your observations about journalism and what you hope to accomplish in the future. Please limit your essay to 500 or fewer words.

Return completed application to:
Westfield State Foundation, Inc. Attention: Lisa McMahon, P.O. Box 1630, 2 Broad St., Westfield, MA 01086-1630. It must be postmarked by Thursday, March 31, 2016.

opinions & editorials

FRIDAY, MARCH 11, 2016 NATHAN GODARD, EDITOR

Voting: still important

Nathan Godard
Op-Ed Editor

PHOTO BY JOHN MOORE/GETTY IMAGES

Since I was in high school, I have heard students who are registered to vote say to me that "there is no point in voting" countless times. I had friends that believed the voting process was a tool to fool the American people into thinking they still have a say.

Many people I know believe elections are rigged: that campaigns are only successful if the candidate can wrangle the sponsors with the most money.

So, why do they have these opinions?

Well, it is because they have very little respect for the legitimacy of the political process.

When you see Fox News or another news networks follow the Republican or Democratic debates, they are set up like game shows. The personalities of the candidates are emphasized and the menial parts of their pasts are brought up rather than posing real questions. In the end, the debates are just TV shows, and the broadcasters want the most viewers. Rather than seeing a true political debate, you see a tame version of the Jerry Springer show.

This is emphasized even more during this election as the mudslinging between candidates—namely Marco Rubio and Donald Trump—rages on. With these antics, can you blame people for not having civic pride and participating at the voting polls?

An individual's vote can also seem minute with the continued use of the Electoral College. If the Electoral College can potentially nullify the statewide vote, why bother?

Some people believe that the voting process is rigged and that their one vote is not worth much; however, I would encourage my fellow citizens to vote, even if they believe that none of the candidates are fit to be commander-in-chief. ******

Our political system is indeed unstable, and the election process is undoubtedly manipulated by corporations; however, voting is a privilege that some countries do not provide. Of course there are hundreds of free sovereign countries in the world, but the privilege to vote is still not something to turn-up your nose to. It is a right that we as citizens of the United States take for granted while it should be a liberty we take advantage of as much as possible.

This is not just in the presidential election, but also in elections for city or town officials who affect local policy. Vote for governors, and show up to the polls during the primaries. There is a misconception that the presidential election is the only election that matters, but those that are the candidates for presidency were once voted into office by local voters as governors, senators, and representatives.

Even if it is diluted in the U.S., voting is still important. I encourage those who are not registered to vote in Westfield to find an absentee ballot when the time comes to vote for the president, governor, or any other office.

It is more than just your right. It is your duty.

March offers great opportunity for students to expand knowledge

Matthew Carlin
Managing Editor

It is time for students to embrace women's history month! For too long students like myself have made little to no effort in learning and appreciating the role of women throughout history.

I will bring you through an embarrassing encounter that I had with one of my professors that really opened my eyes to the importance and severity of her words and to appreciate the month's dedication.

My professor walked into my class and asked us to name one great woman who has done amazing things to advance women's rights and is still alive.

Now I will embarrassingly admit that I myself was at a loss for a name.

Of course everyone could think of Alice Paul or some of the other women's suffrage leaders but when it came to more modern activists most us were clueless.

It wasn't until she explained that this was a question she asked her first year students every semester and got the same blank stare we gave her.

It was, however, not expected to have the same result. That's when she talked about Shirley Chisholm or Betty Friedan...Maybe one or two students even nodded their heads as if those names were familiar.

I have no excuse for my lack of knowledge and I won't try to make one, but what I learned is that there is much more to history if we can listen to "Herstory".

If you were to ask me even as early as a week ago, I would have said I was a major history buff. I could recite the achievements and facts from the Roman Republic to the more modern events of the world, however what I could not do was recognize or recite the grandiose achievements of the women of our time and the battles they have fought for equality.

That is why I encourage everyone to go and attend the Westfield State's, "Women's Herstory Month" events that are being put on by the department of diversity and inclusion along with a wide variety of distinguished guests and panelists.

These events should be used at the very least as the beginning of the education of women achievement and the struggle for equality and respect in all parts of the world, even our own.

If anything at all can be done, we should take this time to reflect and appreciate women like Shirley Chisholm and Gloria Steinem and expand our knowledge to those fighting outside of our country as well.

College Career Centers
of Western Massachusetts

Springfield Technical Community College
Westfield State University
Springfield College
WNE Western New England

Spring Career Fair

Thursday, March 31, 2016
1:00 P.M. - 4:00 P.M.

Springfield Technical Community College

One Armory Street
Springfield, MA 01105

If you are in need of accommodations to fully participate in this event, please contact the Office of Disability Services at (413) 755-4785 at least two weeks in advance.

AIC American International College
Elms College
Bay Path University
Holyoke Community College

Open To All Students And Alumni
www.cccwmjobs.com All Majors Welcome

Horoscopes

May the stars be ever in your favor...

Aries
(March 21 – April 19):
You may think that all of your friends are out to get you, but in reality, you're to blame for your social issues.

Taurus
(April 21 – May 21):
Your boss has been very impressed with all of the long hours you've been putting in a work. However, she's looking to give that promotion to someone who's a bit more likeable.

Gemini
(May 22 – June 21):
AIt takes two to tango, so stop showing up to your dance classes alone.

Cancer
(June 23 – July 22):
The position of Jupiter suggests that a Taurus is coming your way. My deepest condolences.

Leo
(July 23 – August 23):
Stay away from Taurus's who have restraining orders against you.

Virgo
(August 24 – September 22):
It's time to abandon your pursuit of a culinary career. The world has far too many cooks.

Libra
(September 23 – October 22):
You should expect a large influx of friends at around the time your new deluxe Star Wars DVD set arrives.

Scorpio
(October 23 – November 21):
With your motivation and charisma, a career in the lumber mill is your best bet.

Sagittarius
(November 22 – December 21):
The epic failures in your life are getting out of control. The stars suggest you email Westfield State's most qualified life expert, Gail.

Capricorn
(December 22 – January 19):
The position of Mercury demands that you exclusively wear pink this week.

Aquarius
(January 20 – February 18):
Your love life is bound to fail, but aren't your cats the best companions anyway?

Pisces
(February 19 – March 20):
The stars predict that this week will be chock-full of places, people, and things.

gail's guidance

Dear Gail,

I have a close friend who I've had a crush on for some time. This week, he broke up with his girlfriend of three years. Should I act like nothing is different or make a move?

Signed,
Gotta Get it While It's Hot

My Dear Gotta Get it While It's Hot,

Sometimes you gotta let the cookies cool before you pop them in your mouth. Fresh out of a breakup, your friend is probably feeling very vulnerable and in need of a rebound. You do not want to be his rebound!

Give him a few Thursday nights at the Leaf and he'll fulfill that desire in no time. If you need ya girl Gail to assist, I'd be happy to bring a gaggle of spunky, free-wheelin' girls from my spin class for him to meet. For now, just continue to be his friend.

If you two are meant to be, he'll eventually pick up on your love vibes and hopefully reciprocate them.

Please note: if he ranks 8 or higher on the attractiveness scale, plays the guitar, or is an elementary education major, his time on the market will be very short.

If this is the case, disregard everything I suggested and tell him how you feel ASAP! Godspeed!

Best wishes,
Ya girl Gail

from RELEASE *on page 4*

the knowledge, values, and skills of the social work professional generalist practice core and are prepared for clinical social work practice in today's complex world. The MSW program is offered through part-time and full-time options.

Westfield State's 66 credit program costs $400.00 per credit (including all tuition and fees). At this time students can attend the MSW at WSU part-time for as little as $3600.00 per semester and approximately $6400.00 per semester full-time.

Increasing scrutiny regarding Department of Children and Families (DCF) caseload has caused state-wide concern and prompted action from the governor's office.

News station WCVB reported last fall, the number of social workers with crisis-level caseloads, defined as 20 or more cases, is on the rise. As of August 2015, there were 27,000 open cases in the state, 40 percent of which were assigned to social workers in western Massachusetts.

The Social Work Degree Guide is an online resource for "finding up-to-date information about educational and career options in social work." They examined 129 institutions located in the east that offer a master's in social work. From those schools, accreditation status was confirmed with the Council on Social Work Education (CSWE).

The CSWE is recognized by the Council for Higher Education as the only accrediting agency for social work in the nation. Then, the pool of schools was narrowed to include only those from states in the northeast: all New England states, as well as Delaware, Maryland, New Jersey, New York, Pennsylvania, and Washington, DC.

Each school's graduate tuition and fees were reviewed, as listed by NCES College Navigator, and the schools were ranked in order of affordability.

from CREMIN *on page 2*

the area to reach the surrounding school districts.

"We would like to accept monetary donations or gift cards to be able to obtain specific items that we do not have that students may need," she added.

So what are you waiting for? It is time for some spring-cleaning! You have until March 28 to clear out your closet and find any potential dresses, shoes, and/or accessories that you might be willing to donate. All donations can be dropped off in the Student Government Association Room in the garden level of Ely or in Parenzo 108.

After the deadline, members of SGA will bring all items to West Springfield High School. Please help SGA support such a great cause!

If you have and questions about the dress drive, please email mcremin5850@westfield.ma.edu.

from SPAKAUSKAS *on page 1*

When one buys a product off of the Love Your Melon website, they can attribute Westfield State University. Once the campus crew reaches 100 credentials, the Love Your Melon company sends two superhero costumes and a few hats that the crewmembers then deliver to a sick child in the hospital or at their home.

Westfield students joined together to fight against cancer by advertising for Love Your Melon with social media blasts, attempting to reach the portion of college students that appear out of touch with the harsh reality that cancer brings to children.

Another way that Westfield State students advocate fundraising for cancer is by hosting an annual Buzz-Off for Kids with Cancer event. The Buzz-Off is funded by One Mission, a pediatric cancer foundation that uses the money they receive to help children, families, and hospitals in need. On the Westfield campus, the Class of 2018 council recently took charge of planning this event for the spring.

"We're really excited about the event and actually we are going to be pairing up with a few other clubs on campus to make this fight against cancer even bigger," said Marissa Cremin, treasurer for the Class of 2018.

Relay for Life is scheduled from April 8 to April 9, and the Buzz-Off will be on April 10. Vice-captain of Love Your Melon Alexis Finn also notes that the campus crew will also be involved in these events.

Amongst the college cliché of oblivious college students, Westfield State University attempts to overcome bigger issues. Westfield rises above to kick cancer to the curb.

from CASHMAN *on page 10*

things Ireland has plenty of are wheat and cows, which provide the two main ingredients for soda bread: flour and buttermilk.

Because of its simplicity, soda bread became an Irish staple and, it can be argued, saved countless Irish lives, especially during the potato blights.My dad and I visit my Nana quite often, usually calling in advance.

We do this for two reasons: 1) to let her know we are coming, and 2) so she can put the soda bread in the oven. It takes us just about 45 minutes to an hour to reach my Nana's house, so by the time we ring the doorbell the soda bread is fresh out of the oven and waiting for us. I say "us" but I really mean me; that soda bread is always made for me, because Nana knows I adore it.

To half-quote Jane Austen: "It is a truth universally acknowledged, that" all Nana's make one thing better than anybody else. My mom's Nana made the best pasta sauce.

My Italian Nana made the best chicken soup with pastina pasta. Susan Brady, a family friend who practically qualifies as my third Nana, makes the best blueberry pancakes.

My Irish Nana makes the best soda bread. Though, to my dad's credit, he makes a mean competitor.

The recipe, which will remain a family secret until the Cashman Family is no more and shall henceforth not be included in this article, is one that I'm anxious to learn and perfect. Still, it will never be as good as Nana's.

I wish you all a Happy St. Patrick's Day and a Happy Spring Break!

As always: tábla maith agus ag ithe go maith!

Do you like to write?
Do you like to edit?
Are you human?

If the answer was yes to any of those questions, you should write/edit for us!

We are looking for columnists. If you are interested, contact thevoice@westfield.ma.edu!

arts & entertainment

FRIDAY, MARCH 11, 2016 MONIQUE DESNOYERS, EDITOR

quick hits

as of March 8, 2016

Top 10 Singles

1. Work – Rihanna feat. Drake
2. Love Yourself – Justin Bieber
3. Stressed Out – twenty one pilots
4. My House – Flo Rida
5. Sorry – Justin Bieber
6. Pillowtalk – Zayn
7. Me, Myself & I – G-Eazy x Bebe Rexha
8. Piece By Piece – Kelly Clarkson
9. 7 Years – Lukas Graham
10. Cake By The Ocean – DNCE

Top 5 Albums

1. I Like It When You Sleep, For You Are So Beautiful Yet So Unaware Of It – The 1975
2. 25 – Adele
3. ANTI – Rihanna
4. This Unruly Mess I've Made – Macklemore & Ryan Lewis
5. Purpose – Justin Bieber

Top 5 Movies

1. Zootopia
2. London Has Fallen
3. Deadpool
4. Whiskey Tango Foxtrot
5. Gods of Egypt

Upcoming DVDs

1. Creed
2. The Night Before
3. Room
4. The Danish Girl
5. Youth

KNOWING TO COOK

The promise of soda bread

Ryan Cashman
Voice Columnist

At this point in time, we are a little under a week away from St. Patrick's Day. That all-too-Americanized holiday when everyone who is not Irish wishes that they were. Luckily for me, I don't have to wish. My ancestral blood is a mix of 50 percent Irish, 25 percent Italian, and 25 percent French-Canadian, the last of which, I often say, mellows out the first two.

I have only written about Ireland once for this publication, back in the spring of 2014. Looking at that manuscript now, as all writers do, I cringe. More importantly, I realized that I glazed over perhaps the two most importantly Irish people in my life: my dad and my Nana. Both totally Irish, they have taught me what it means to have Irish blood coursing through your veins much in the same way my mom taught me the importance of being earnestly Italian. People tend to believe that the two cultures are opposite each other, and they are in their own respects; however, the similarities between the Irish and the Italians are greater than the differences. Each love to talk and write and create art, to drink and congregate for meals, to go to church (though much less so today than in the past), and they both have a strong loyalty to family and friends.

The only truly glaring difference from a cultural standpoint is the food. Italy (no thanks to this writer) has held a virtual monopoly over the last half-century as being the most popular food destination on Earth, seconded by France. Unlike my Italian heritage, which was taught almost exclusively through food, I learned my Irish roots in a different way.

One of the first memories I have of being "taught to be Irish" was when I was 10 years old. I was making myself a cup of tea and my dad came into the kitchen just as I was about to pour milk into my steaming mug.

He said to me: "Ryan, stop! You're in the double digits now. It's time you drank tea like an Irishman!"

This of course meant no more milk—too English. So, for the last 11 years of my life I have taken my tea without milk or sugar. I think I've surpassed my dad in that regard. He still takes at least one small spoonful of sugar in his tea.

I cannot say that my entire Irish upbringing was centered on not being English, but there was a pretty strong emphasis, and for good reason. The Irish were repressed by the English for nearly 700 years, a wound that has still not fully healed. Northern Ireland, anyone? This year is an important one in the history of Ireland. It marks the 100th anniversary of the Easter Rising, the armed insurrection which ignited the engine of the Irish Rebellion against Great Britain. On Easter Day, 1916, The Proclamation of the Republic was issued, and after countless years of bloodshed Ireland finally became a free state in 1921.

My Nana was born in Galway in 1935 and immigrated to the United States in the '50s. Her accent, while mostly Americanized now, still manages to peek through in words like potato, "p'dado," and Galway, "goll-wey."

As far as my education on being Irish is concerned, she is the only one who gave me a sense of what traditional Irish food is like. I'm talking, of course, of Irish Soda Bread. As most things Irish, soda bread was born

see **CASHMAN** *on page 9*

Parks and Recreation: a show for the ages

Joe Egitto
Voice Contributor

Up to this point, I have reviewed a couple of movies and, after this week, I will most likely stick to reviewing only movies; however, I am making an exception for a very special reason.

Over the past few weeks, I have spent an unhealthy amount of my free time rewatching the greatest television comedy to be broadcasted: "Parks and Recreation." After finishing all seven seasons for a second time, I can confidently say that this is a very unique show.

"Parks and Recreation" aired from 2008 to 2015 and was created by Michael Schur and Greg Daniels (the comedy duo behind "The Office").

Much like its network counterpart, it was a single-camera mockumentary that followed the life of Leslie Knope, the Deputy Director of the Parks and Recreation Department in fictitious Pawnee, Indiana.

Along the way, we are introduced to a vast array of co-workers and citizens of the city who contribute to a majority of the show's comedic moments.

Along with the ingenious comedic writing, what sets this show apart from its contemporaries is how invested viewers become in the lives of all of the characters. When two characters fall in love, you fall in love with their relationship.

When one character looses their job, you can't help but want to search the local job listings to help them out. You will literally want to move to Pawnee, if for nothing more than the opportunity to meet Leslie at one of her many public forums.

I think this show is masterful in drawing in viewers for two main reasons: the first is that from the plot to the dialogue to the quirky characters' traits, it is the definition of a feel-good show.

Watching an episode or two has had the power to make me smile on days when a laugh seemed hard to find. Secondly, everything about the show is relatable.

The show portrays a heavy nostalgic small town feel, allowing for the ability to draw parallels between Pawnee and your own hometown.

And the talent of the show's writing allows for one to find a relatable character for seemingly any type of personality.

If you are a headstrong, independent person then Leslie is your woman. I

f you aspire to be a rock star and also catch the winning touchdown in the Super Bowl, let me introduce you to Andy Dwyer. And if you hate government but love all kinds of meats, look no further than Ron Swanson.

The point is there is a character for anyone and everyone to feel compatible with.

Though I do thoroughly enjoy writing reviews for movies, I had to make an exception for a show that means a great deal to me. Do yourself a favor and watch all 125 episodes available to stream on Netflix.

Afterwards you will be yearning for more, having a strange craving for waffles, and wanting to write to an official from your local government.

owls athletics

Friday, March 11, 2016 Michael Barry, Editor

Men's hockey wrap-up: losing captains Dalton Jay and Kyllian Kirkwood

Jack Corsi
Voice Reporter

The Westfield State men's hockey season has come to a close in heartbreaking fashion. After being down 4-0, the Owls fought back and knotted the game at four; however, in the end, the Salem State Vikings beat the Owls 5-4 in overtime.

The Owls have two players who were named to the first team All-MASCAC. Those players were forward Dalton Jay and defenseman Kyllian Kirkwood.

Both were named to the second team all-conference last season, and this season they ascended to the first team. Jay finished the season with 19 goals and six assists for 25 points. Kirkwood finished the year scoring four goals and assisting on 18.

One thing to look at with this Owls team is the number of returning players to next year's team. With only three seniors leaving, the Owls will have 20 bodies returning for next year's season, including goalie Jonathan LoParco and captain Jackson Leef.

Losing Jay will mean the Owls will need someone to contribute to the scoring. After last season, Colby Daniels seems like the man for the job.

Daniels had a great freshman campaign with four goals and 21 assists. The assist production is great, but he will have to score a couple more goals next season.

The Owls will need to stay out of the penalty box next season. They have struggled to do so over the past few years.

Look at last year where the Owls averaged about five penalties per game. There is a game or two where the officials will have too much power, but averaging five penalties per night is a little tough to work with.

One other area the Owls may want to improve on is in conference play. While they played rather well out of conference, posting a 6-2 record, the Owls struggled in the MASCAC.

The Owls posted a seven-win and 11-loss conference record for this season. It wasn't the best, but it did help them get the conference semifinals.

Looking at next season with plenty of guys returning, the Owls could be a contender for the conference crown. If they can get by perennial powerhouses Salem State and Plymouth State, then they will most definitely be a contender.

The only way to do that is to play disciplined, two-way hockey. If they play that way they could be looking at a successful campaign.

They have the talent and the potential to get it done; all there is to do now is wait for the opening puck drop.

"The Sheriff" retires: a major milestone for the NFL

Michael Barry
Sports Editor

PHOTO PROVIDED BY PERFORM.GROUP.COM

On Monday of this past week, Denver Broncos quarterback Peyton Manning held a press conference to announce his retirement from the National Football League. While this retirement came to the surprise of just about no one, the end of his career is still a major turning point in this league.

Manning will end his career as one of the most decorated athletes in the history of football. He came into the league in 1998 as the number one overall pick in the draft, taken by the Indianapolis Colts. From the moment Manning stepped on an NFL field, everyone knew he was special.

"The Sheriff," as everyone calls him now apparently, ended his career as the all time leader in career touchdown passes, passing yards, total wins, and 300-yard games, just to name a few. He holds the single-season record for touchdown passes with 55 and is the only quarterback in the history of the NFL to win a Super Bowl with two different teams.

It is safe to say that, statistically, Manning could be considered the greatest quarterback of all time. Unfortunately for him, playing quarterback, more than any other position in sports, is judged by winning, something he has struggled to do for much of his career.

Peyton ends his career with a playoff record of 14-13. While 14 wins in the playoffs on its own seems like an amazing feat, for someone who has made it to the playoffs as often as Manning has, it is for sure a disappointment.

In Peyton's eighteen-year career, he went one and done in the playoffs a whopping nine times. In a sport where winning is everything—in the position where winning is everything—this is the single most glaring blemish on Manning's résumé. Though he was still able to win two championships, there's no doubt that the "what ifs", will haunt him for the rest of his life.

For almost his entire career, Manning has been an absolute media darling. Between all of his commercials and his perceived squeaky-clean image, Peyton has been beloved by the public his entire career, always being regarded as the "nice guy," but during this post season, two stories on Manning surfaced that countered that sentiment drastically.

A report on illegal doping in sports done by Al Jazeera cited Peyton Manning in an investigation into illegal sales of human growth hormone. The report claimed Manning began getting the HGH after he missed an entire season due to multiple neck surgeries. Manning adamantly denied these reports, and the story virtually disappeared.

A few weeks later, a story regarding a sexual assault lawsuit filed against Manning by his former trainer at the University of Tennessee, where he attended college, resurfaced.

The trainer claimed Manning sexually assaulted her while he was playing at Tennessee, and when she tried to take him to court, the case was dropped, and she was fired from her job as the head athletic trainer.

For whatever reason, neither of these stories has become major issues since they came out in the past month or so. Is it because Manning has been so media friendly his entire career that the press feels like they should have his back? Or is it the over-the-top athlete worship that has become so prevalent in America?

Regardless of the pass that the media is giving Manning for his other wise reputation ruining offenses, it would be impossible to not acknowledge the end of his career as a major milestone for the NFL. The best statistical, regular season, potentially doping quarterback of all time has retired and to that, it has been a great run for "The Sheriff."

Owls fall to Fitchburg in MASCAC semifinal

Tim Jaroche
Voice Reporter

PHOTO FROM WST. ATHL. DEPT.

After finishing the regular season 10-15, the men's basketball team left it all on the court in the playoffs. In the first round they faced Worcester State, who they had just lost to 79-91 three days prior.

In the first half, no lead was greater than six points, and both teams stayed right on top of each other with the score being 44-43 at halftime.

In the second half both teams stayed close, and with two minutes left, the score was knotted at 77. Worcester State's Bilal Shakir hit a layup to go up two, only to be matched seconds later with a driving score by Westfield's Evan Hopson.

At 79-79 with fifty seconds remaining, Worcester State's Shakir willed himself to the hoop for two more, going up 81-79. Coming out of a timeout with 35 seconds left in the game, Westfield's go-to scorer Jesus Sanchez drew a foul and sunk both shots at the line, tying the score 81-81. Worcester State drew up a play but couldn't connect a three pointer from Alex Santos.

In the five minute overtime period, both teams were stuck on each other like glue, and only time would tell who was going to break first. Westfield's aggressive defense gave them a five-point lead with 1:17 to go, and from then on they kept their foot to the pedal.

Up 91-87 after Westfield's Pasquantonio knocked down two free throws with nine seconds left, and Worcester State had one more three in them to make it exciting. Up 91-90, Westfield missed two crunch time free throws and defended well against one last three point prayer. Sanchez led the team with 32 points and four other Owls scored in double digits.

Their next game came two days later at the number one seed's home court, Fitchburg State. Earlier in the season, Fitchburg had no troubles with the Owls, beating them handily by double digits both times. After surviving a close one in the first round, Westfield had a little bit of momentum heading to Fitchburg.

Two minutes into the game, the reliable Sanchez hit a mid-range jump shot to even things at 4-4. A layup by Fitchburg's Jaleel Bell, followed by a steal and score by Bell, propelled Fitchburg forward without turning their heads. Fitchburg took control of the lead and didn't let up throughout the half.

At halftime the score escalated to 48-32—not a position Westfield wanted to be in. In the second half the same frustrations continued for the Owls. Anytime Westfield attempted a run or a started to score, Fitchburg matched them, ending the game by a score of 96-65. There wasn't much daylight to be found for the Owls.

Fitchburg went on to beat Salem State in the finals by four; so losing to the eventual champion is somewhat of a consolation for the Westfield team.

Games & Leisure

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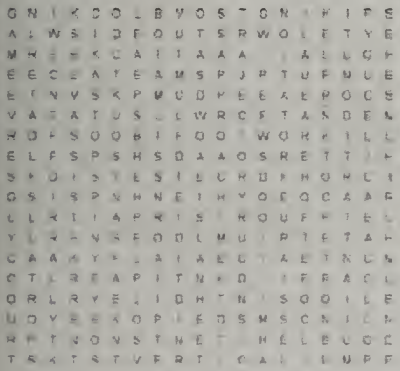
Volleyball



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FOOTWORK
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FOUL
GAME
HITTER
KILL
KNEE PADS
LIBERO
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OFFENCE
PASS
PLAYERS
POINTS
QUICK HIT
RALLY
REFEREE
ROTATION
SAVE
SCORE
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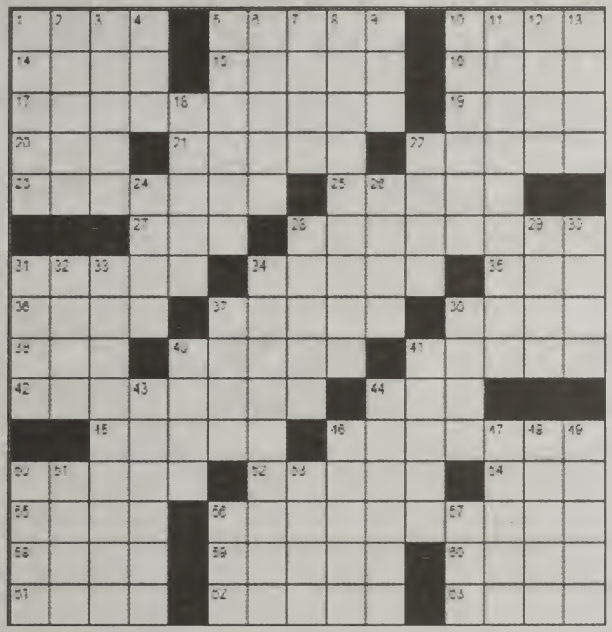

ACROSS
1. Ear-related
5. Plot of land
10. A rigid circular band
14. Office fill-in
15. Oarsman
16. Beige
17. According to custom
19. Cards with 1 symbol
20. East southeast
21. Washing machine cycle
22. Redden
23. Remedy
25. Precipitous
27. Belief
28. Featuring
31. Japanese wrestlers
34. An object
35. Snake-like fish
36. Module
37. Cause to happen
38. Scottish hillside
39. Groceries holder
40. Wrap
41. Flavor
42. Operating doctors
44. Mayday
45. Territories
46. A prominent attribute
50. Wand
52. Inclines
54. Soak
55. 64 in Roman numerals
56. Judge
58. ___ vera
59. Redress
60. Anagram of "Sage"
61. Female chickens
62. Vermin
63. Joke

DOWN
1. Different
2. Make fun of
3. Insert
4. Consumer Price Index
5. Cliché
6. Anagram of "Arson"
7. Cobblers' tools
8. Heavenly
9. Attempt
10. Doctor
11. Residents
12. Mining finds
13. Shove
18. Amount of hair
22. Large mass of ice
24. Violent disturbance
26. Armored vehicle
28. Corroborates (archaic)
29. Tidy
30. Delight
31. U-boats
32. Two-toed sloth
33. Movement
34. Interpret
37. Stop for a horse
38. Strong fiber
40. Observed
41. Browned bread
43. Orchards
44. Detects
46. Lose consciousness
47. Habitual practice
48. Anagram of "Store"
49. Excrete
50. Ho-hum
51. Spindle
53. Prima donna problems
56. Chart
57. British rule in India

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The Westfield Voice

FRIDAY, MARCH 25, 2016

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State Representative John Velis visits SGA!

Sandra Mercer
Head Copy Editor

The Student Government Association was lucky enough to have two important speakers at this week's meeting.

John Velis, Massachusetts State Representative for the 4th Hampden District, was welcomed to SGA this week to talk about his career in state government and some prominent issues Mass. is currently facing.

Velis practiced law for two years before he ran for his seat as the State Representative and is a former captain for the United States Army. During a tour in Afghanistan, Velis headed a law and order task force to talk with a group of village elders about how compromise and non-violent actions could benefit Afghanistan as a whole. When one of the elders pointed out to Velis that America itself struggled with compromise, Velis realized that his own government back in the United States was dysfunctional, so he decided to get into politics himself.

Velis also commented on the fact that out of the 50 states, Mass. ranks close to the bottom of the list in terms of money allocated towards public higher education.

Apartment Complex Representative Brennan Kaufman commented the he was unsure as to why you could only vote for a particular candidate in a party if you were registered as a member of that party. Velis reminded senate that you can vote for a candidate in either party if you are registered as an independent. Though a Democratic representative, Velis discussed his history of voting for both parties' bills and laws and the importance of seeing past party affiliations.

Cam Swan, Class of 2019 representative, asked Velis why he chose to run as a Democrat rather than an Independent due to his philosophy on political party affiliations. Velis confirmed that he did in fact ignore political parties in their entirety, but was a registered Democrat when we returned home from Afghanistan just as the Democratic Representative seat for the 4th Hampden District opened up.

Davis Hall representative Sean Bacon asked Velis about his position on Governor Charlie Baker's recently passed opiate bill. Velis commented that the bill was a step in the right direction as the opiate epidemic in Mass. is an increasingly difficult fight to face. Velis also acknowledged one of the key issues of the bill, being that government officials are not medical professionals.

"I'm sympathetic to the viewpoint that we need to be cautious about telling the medical profession what they can and can't do, but I think the evidence is overwhelming that we're suffering from a public health epidemic and that people are dying," Velis said.

Velis also commented on some of his other critiques of the bill, one of which being the lack of funding for addiction treatment and availability in treatment beds.

Ryan Losco, Class of 2016 representative and parliamentarian, asked the representative about his thoughts on the recent Uber bill passed in the House regarding a few cab companies' monopoly on this business. Velis said that this bill is an attempt to regulate Uber and still has to go to the Senate, which will take an upwards of six months to be discussed further. The representa-

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VOLUME VII, ISSUE XVIII

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FRIDAY, MARCH 25, 2016

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE

A new dining facility on Boylston Street and Boylston Place offering late-night services will be open by Fall 2017. The Board of Trustees formed an ad hoc committee that unanimously agreed to use this space for the new dining facility. This space will be a place for students to relax, socialize, and grab something to eat.

The New Hampshire,
U. OF NEW HAMPSHIRE

The Commission on the Status of People with Disabilities and Disability Services for Students held a panel comprised of students with various disabilities to discuss issues that these students face on campus. With help from the campus police, the commission came up with a plan for campus police to personally escort these attendants to the specific individuals.

The Daily Collegian
U. OF MASS AMHERST

The University of Programming Council announced the highly anticipated Spring Concert lineup this past Sunday. The lineup includes Logic, Tinashe, and Fetty Wap who will perform on April 17 at the Mullins Center. Tickets for this concert sold out in minutes on Monday, March 21.

The Washington Square News,
NEW YORK UNIVERSITY

Darren Walker will be the 2016 commencement speaker for New York University. Walker, who was profiled by the New Yorker earlier this year and has previously written for the New York Times, will address the graduating seniors on May 18 at Yankee Stadium in the Bronx, New York.

From *MERCER* on page 1

tive did vote for the bill and believes that it is all about compromise between cab companies and Uber.

Representative-at-Large Christian Capalbo thanked Velis for his service in the military as well as his service to the public before asking the representative about his thoughts on the current presidential election.

In regards to Democratic candidates, Velis did not believe that the United States would elect Bernie Sanders due to his self-proclaimed socialist views. As for Hillary Clinton, Velis commented on her competence as a political figure, but believes America is weary of her current FBI investigation. The representative believes that if Sanders wins the nomination or Clinton is indicted, the Republican's will win the presidency.

As far as Republican candidates, Velis commended John Kasich's reputable accomplishments as governor of Ohio and his refusal to engage in the nonsense occurring during Republican debates thus far; however, he doubts Kasich would win the presidency should he receive the nomination and doubts he will win the nomination at all.

In regards to Donald Trump, Velis believes that the frustration towards America's current government is the reasoning behind his success thus far in the race. Velis sees Ted Cruz's campaign strategy as the anti-Donald Trump not working in his favor, and he does not believe that either Trump or Cruz will win in a general election.

Vice President of Programming Haley Batchelder asked if there was any talk of making public higher education more affordable. Velis acknowledged the difficulty of paying for schools, and commended President Torrecilha's commitment to keeping tuition at Westfield from increasing. The representative pointed out the limitations at the state level and encouraged students to lobby congressmen, specifically Senator Elizabeth Warren, whose In The Red campaign has recently gained significant traction.

Jon Cubetus, vice president of academic life, asked the representative about his experience on Joint Committee on the Judiciary. Velis said that he loves being on this committee because it is where the law meets politics.

"Of the thousands upon thousands of bills that are filed each year, three quarters them go through judiciary," Velis said.

The representative mentioned some of the work the committee was doing, including the mandatory minimum sentence bill, the changing of alimony laws, the buffer zones at Planned Parenthood, issues with the second amendment, and the highly controversial transgender bill.

Ryan Losco then mentioned the anticipated ballot question to legalize recreational marijuana and wondered if the representative believed the commonwealth was ready to address this issue when it is so recent.

Velis said that he believes Mass. is not ready due to the poorly worded language in the previous ballot initiative, and he worries the new initiative will have similar issues. He also addressed the possible correlation between recreational marijuana use and other drug use, especially in the midst of the opioid epidemic Mass. is currently facing. Velis added that neither the House nor the Senate had much interest in the initiative right now.

Ashley Deleon, representative-at-large, asked Velis how he distanced himself from being a Democratic representative when, previously, the position was held by a Republican for 35 years. Velis again mentioned his preferred distance from political parties and said that in a primarily Republican/un-enrolled city like Westfield, this worked to his advantage in a lot of cases.

President Torrecilha thanked Velis for coming to speak to senate and commended him on his work in bettering higher education.

Before the next speaker, SGA President Evelyn Dina moved to appoint Anthony Diene as the veterans representative for the remainder of the 2016 academic year. The motion passed unanimously.

The next speaker was Dean of Students Sue LaMontagne who spoke to senate about the four judicial changes in the Student Conduct Regulations and Procedures.

The first change was the addition of the definition of a student, which is defined as "any individual currently admitted, registered or enrolled in any University academic course or academic program. For the purposes of this code, an individual is also considered a student if, at the time of the reported incident, he/she was admitted to, registered or enrolled in any University academic course or academic program."

The second change was an addition to the Membership section that stated, "The Dean of Students may also appoint members to the Board as needed if bargaining units do not put forth appointments."

The third change was under the Appeals section. Last year, the Board revamped the entire Appeals section and, in the process, accidentally took out a sentence that was necessary. This stated that "If the Vice President, Student Affairs/designee, finds upon initial review, that there exist no groups for appeal, the appeal will be concluded and all Board/hearing Officer decisions will be upheld without further review."

Though many other small word changes were made under the Student Records and Privacy Regulations to clean up the language, the biggest change was to section E, Disclosure of Educational Records. Part two of section E states that "The university may disclose information from a student's record without their consent under the following circumstances" and

See MERCER on page 14

Westfield's RHA attends NEACURH Minis Conference at Western New England University

Gina Muller
Editor-in-Chief

On Friday, March 11, nine members of the Residents Hall Association and Hall Council attended The Northeast Affiliate of College and University Residence Halls Minis Regional Conference (NEACURH Minis) hosted by Western New England University.

The conference lasted from Friday, March 11 to Sunday, March 13, and was a smaller version of the regional conference that occurs in the fall.

The conference is 100 percent student-run, and students from the Northeast region participate in programs and boardroom forums.

Delegates from Westfield's Residence Hall Association attended the NEACURH conference to increase their knowledge of RHA programming and exchange ideas with students from other schools.

Delegates brought back new ideas of how to improve their own residence hall programs and had the opportunity to meet delegates from across the region.

Delegates Marcus DiBacco, Emmett Witherspoon, Gina Muller, Eileen Shaw, Brendan McKee, Shyanne Pires, Sean White, Emily Butyinski, Andrew Menard and Advisor Laura May attend the NEACURH Minis conference banquet after attending programs that day.

This year's theme was "Marty's Roundup," a cowboy and western theme.

The NEACURH mascot is Marty the Moose, and each year the theme of the conference is based around the mascot.

The NEACURH mini conference is held at a different school each year. The host of the Fall 2016 regional conference was announced and will be held at SUNY Oneonta. The host of the Spring 2017 Minis conference was also announced and will be held at SUNY New Paltz.

There were four tracks (or time blocks) in which the programs took place. Each track had around ten different programs that delegates could attend, ranging from lectures to fun activities to seminars. The programs were run and created by students from the participating schools.

During each program, delegates had the opportunity to learn about how other colleges and universities run their RHA organization while also discussing their own experiences.

Program themes also included improving leadership skills, communication, and teamwork.

Programs lasted from 11 a.m. to 3 p.m. with a lunch break at 12 p.m. While these programs were taking place, the NCC boardroom and President's boardroom occurred.

Four first-time delegates attended the conference and had the opportunity to participate in each programming track.

"NEACURH minis was an awesome experience that incorporated leadership and fun into one event," said Andrew Menard, RHA executive board treasurer and first-time delegate. "Attending workshops, participating in spirit challenges, attending a banquet, and meeting new people were all highlights of my weekend."

At the end of Saturday night, delegates from each school attended a banquet where dinner was served and awards were given.

Federal, state and local law enforcement officials honored as part of first Westfield State Criminal Justice Hall of Fame

From Press Release

WESTFIELD, Mass., March 9, 2016- The Westfield State University Department of Alumni Relations will hold its inaugural Westfield State University Criminal Justice Alumni Hall of Fame on Saturday, April 9 from 11 a.m. to 2 p.m. in Scanlon Banquet Hall.

The Westfield State Criminal Justice Alumni Hall of Fame honors alumni who have excelled in the field. Eleven alumni will be honored in this inaugural event and this year's inductees represent the diversity of the law enforcement field and the various paths Westfield State students can embark on in their careers after graduation.

The Westfield State Criminal Justice Alumni Hall of Fame was created by the Westfield State University Criminal Justice Alumni group. The newly formed group was established by alumna and former Superintendent Colonel Marian McGovern '88 of the Massachusetts State Police who noticed Westfield State's presence in the criminal justice field during her 33-year career.

"Alumni Relations and the Criminal Justice Alumni Group are proud to induct our first class of nominees," said Kathi Bradford, director of Alumni Relations. "These criminal justice professionals have given back to the department time and again, serving as role models for our students and validating the quality of the university's undergraduate and master's programs."

This year's recipients are:

Colonel John Aho, USMC (Ret.) Class of 1985: Colonel John Aho currently serves as a senior strategic policy analyst for American Systems Corporation, supporting the Department of Defense Non-Lethal Weapons Program. Prior to retiring after 25 years of active commissioned service, Colonel Aho served as a director on the National Security Council staff where he supported two National Security Advisors and both President George W. Bush and President Barack Obama on critical defense matters.

Special Agent Dale Armstrong, Class of 1985: Agent Armstrong is currently a Certified Protection Professional (CPP) through the American Society of Industrial Security (ASIS). Armstrong joined the Federal Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) in 1987 as a special agent assigned to investigate violent gang crime and firearms trafficking as well as criminal arsons and bombings in Fort Lauderdale, Florida. He worked for the ATF for more than two decades in various roles and locations.

Judge David J. Dacyczyn, Class of 1982: After graduating from Westfield State and working as a Deputy Sheriff/Correctional Officer for the Franklin County Sheriff's Department, Dacyczyn furthered his education, earning an M.A. in political science and administration from Sam Houston State University and a J.D. from the New England School of Law. He accepted a commission as an Ensign in the United States Navy Reserve as an intelligence officer. In April 2011, then Commander Dacyczyn was mobilized to Bagram, Afghanistan where he served as the Deputy Director

for Task Force Biometrics until May of 2012. When Judge Dacyczyn returned home from Afghanistan, he resumed his career in the Probate and Family Court.

Edward Deveau, Class of 1978: Watertown Police Chief Ed Deveau retired in 2015 after fourteen years as chief and 32 years on the force. He was thrust into the national spotlight two years ago, following the dramatic shoot-out with the Boston Marathon bombers, and the 20-hour search for convicted bomber Dzhokhar Tsarnaev. He has also testified at Congressional Hearings on the lessons learned from the Boston Marathon bombings and manhunt in Watertown.

Special Agent Michael Devine, Class of 1982: In 1984, Devine received his Direct Commission as an Ensign in the U.S. Navy Reserve. Devine began his civilian career as a Special Agent with the Naval Criminal Investigative Service Assigned to Naval Station San Diego, CA where he specialized in crimes against persons. In 2013, Devine retired from the Naval Criminal Investigative Service with twenty-four years of service. In 2015, he was promoted to the Director of the Special Investigations Unit (SIU) for the Western Region, responsible for managing healthcare fraud investigations for Anthem Blue Cross for the western United States.

William Fallon, Class of 1989: Currently, Commander Fallon serves as the Vice-Chair on the Federal Law Enforcement Training Accreditation Board, the Department of Justice Learning & Development Council and the International Association of Chiefs of Police's Education and Training Committee. In 2011, Fallon was appointed to the Senior Executive Service and appointed as Assistant Director for the USMS Training Division (TD). Fallon also served as the interim, U.S. Attorney General appointed United States Marshal in all three Districts, including an 18-month appointment in Massachusetts.

Colonel (ret.) Thomas Foley, Class of 1976: Serving as the Deputy Division Commander of Investigative Services in September 2001, Foley helped coordinate the State Police response to the World Trade Center bombing. Later that year he was appointed Colonel/Superintendent of the Massachusetts State Police. During his tenure as Colonel he worked closely with local, state and federal officials to put in new programs, procedures and training to prepare our state for the new world terrorist threat. A former member of the Westfield State University Board of Trustees, Foley currently serves as the Director of Public Safety at Elms College.

Sergeant Jeremy Forbes, Class of 1995: Sergeant Jeremy Forbes is a member of the Maine State Police. Forbes was the lead investigator in the search for escaped New Hampshire prison inmate David Hobson. He was able to identify and establish a relationship with a known associate of Hobson, who later contacted him to advise where Hobson was located. He was subsequently arrested based on this information. Sergeant Forbes has also been a successful K9 handler for the past 17 years.

Captain Raymond Gonsalves, Class of 1991: During Captain Gonsalves's 25 year career he has served the Department of Correction in many roles, performing background investigations for new hires and eventually became the lead trainer to certify new investigators. He also oversees the development and instruction of in-service

see **Release** *on page 14*

Ice no more: globl warming researcher addresses climate change at Westfield State

From Press Release

WESTFIELD, Mass., March 23, 2016- The Westfield State University Guest Lecture Series will host University of Massachusetts Senior Research Fellow Doug Hardy who will present his lecture "Islands in the Sky: Glaciers and Climate on Kilimanjaro and Other Tropical Mountains" on Tuesday, March 29 at 6:30 p.m. in the Savignano Auditorium in Wilson Hall.

Hardy studies high-elevation climate and glaciers with the Climate Systems Research Center at UMass Amherst. His research sites include the summit glaciers of Kilimanjaro in Africa, and Earth's largest tropical glacier, the Quelccaya Ice Cap in Peru. At the UMass Climate Systems Research Center, research is focused on the climate system and global change issues.

Hardy's current research involves operating climate stations and conducting glacier measurements at elevations of nearly 19,000 feet, in an effort to understand contemporary climate change and the subsequent glacier responses, as well as to better understand past climate from ice core records.

"In many ways Kilimanjaro is an iconic image of climate change with its rapidly disappearing ice caps," said event organizer James Wright, associate professor of mathematics. "The role of climate change and

local deforestation in this change at the top of Kilimanjaro is very interesting and Doug's research helps gauge what is contributing to those changes."

Westfield State has also had a presence in researching glaciers in Kilimanjaro. Hardy partnered with Carsten Braun, associate professor of Geography and Regional Planning, and the two climbed Kilimanjaro in the fall of 2011 to survey the remaining glaciers and to service their satellite-linked weather station on the Northern Icefield. Students at Westfield State followed their progress up the mountain on social media.

The event is sponsored by the Westfield State University Departments of Mathematics, Environmental Science, and Geography and Regional Planning.

The Guest Lecture Series is supported by funding from the Academic Affairs budget with the goal to enhance

student learning and service to the larger community.

An advisory committee with representation by the faculty and librarians, staff, and students review proposals and recommend selection for the year.

For more information on upcoming speakers in the Guest Lecture Series, please visit http://www.westfield.ma.edu/guest-lecture-series.

Westfield State honors retired teachers with luncheon

From Press Release

WESTFIELD, Mass., March 24, 2016- The Westfield State University Department of Alumni Relations and the Westfield State Department of Education will hold its inaugural "Celebration of Retired Teachers" luncheon for Westfield State University alumni on Wednesday, March 30 from 11:30 a.m. to 1:30 p.m. in the Loughman Living Room in Scanlon Banquet Hall.

"Teacher education has been the cornerstone of Westfield State University's history in higher education since 1839," said Kathi Bradford, director of Alumni Relations.

"We are proud of the work our alumni retired and working teachers have done in their careers and we look forward to hearing about the great successes of our current student educators as they go out into the world."

According to the Westfield State University Department of Alumni Relations, 32 percent of Westfield State alumni live in Hampden County and of that number, 78 percent have education-related degrees and certificates.

The event is designed for retired Westfield State University alumni to honor their time in the classroom and share what the campus can offer them in their retirement. Alumni will have a chance to reconnect with classmates, meet new friends, and learn how they can benefit from remaining connected to their alma mater.

One way alumni can stay up to date with university news is through the Lifetime Owls Program. Launched in 2012, Lifetime Owls is a lifetime membership program in which alumni, students, or parents pay a one-time fee of $100 (or $75 for students).

Membership perks include a membership card providing discounted or free entry to valid local and state-wide events including Homecoming, the Westfield State Alumni Association Tailgate, designated chapter activities, athletic events and more, participation in activities including mentor programs, networking activities, and career development events, and access to special LinkedIn and Facebook groups and the Lifetime Owls page on the Alumni website. Alumni members also receive a 20 percent discount at the Alumni Store and a specially designed Westfield State ball cap and t-shirt.

Tickets are $15 and can be purchased online at www.westfieldalumni.org/teachers. For more information, call the Westfield State Department of Alumni Relations at (413) 485-7352.

opinions & editorials

FRIDAY, MARCH 25, 2016 NATHAN GODARD, EDITOR

Brussels: What we know

Matthew Carlin
Managing Editor

PHOTO FROM THE NEW YORKER

Tuesday, March 22 was a dark and sad day for Brussels and Europe as a whole. The latest reports state that over 30 people were killed while 270 were injured by the blasts that shocked the Belgian city.

ISIS has claimed responsibility for the attack and declared that it is just one of many. Belgian authorities are working diligently to figure out the names of those who carried out the attacks. Currently, those that have been named are two brothers Khalid and Ibrahim El Bakraoui and Najim Laachraou, an alleged bomb maker for ISIS.

These attacks come just as the world and Europe recover from the Paris attacks, and there is a ceasefire in the Syrian Civil War to combat ISIS forces in the area. The US has already issued travel warnings to those traveling in Western Europe, and many are afraid to travel abroad altogether.

Turkey has claimed that they warned European authorities about the threat that the terrorists posed to their nation.Turkish President Recep Tayyip Erdogan claims that his government warned Belgium last year that alleged attacker Ibrahim El-Bakaraoui was an Islamic militant. Apparently Turkish authorities had detained El-Bakaraoui near the Turkish-Syrian boarder on suspected terrorist activities. Due to this suspicion, they then deported him to the Netherlands.

This is not the first time Turkey has claimed they have warned Europe of potential terrorists activity. It is also not the first time they claimed a European country has ignored their warnings.

Turkey has stated that they passed along knowledge to European leaders involving the Paris attacks months before they were carried out. What should have been a wake up call to European security agencies, wasn't. President Erdogan has issued a statement citing that these attacks could be prevented if the world unites itself in a coalition against terrorists and redefines the terms of terrorism.

If what he says turns out to be true, and European authorities did ignore Turkish intelligence warnings, then there needs to be many changes. The first will be as President Erdogan suggested: uniting the world against terrorism and sharing information freely in the cases of terrorist activity. It truly frightens me that a national government could have been warned of such a threat and not prevented it. If such a warning came to the United States, every single security agency would be checking it out, from the FBI to Homeland Security. It would not matter where the warning came from, whether it was another nation or even a civilian in Iowa.

To be fair, I also recognize that our government keeps a close eye on anyone who travels abroad, especially to countries known to have high levels of terrorist activities such as Syria and the rest of the Middle East.

This attack should be the indicator that what we are doing is not working; ISIS is not simply going to go away, and their small group attacks on innocent civilians are getting more and more bold.

There needs to be more precise and coordinated attacks on their strongholds, and their propaganda must be taken down. Until ISIS is gone, it appears that such tragedies will no longer be a rare occurrence in the world.

Microsoft: the offender of the month

A rant against Windows phones

Matthew Carlin
Managing Editor

It seems as though the world of mobile electronics is at the end of its rope and more confused then ever on what consumers want or need. Microsoft—the biggest offender—Apple, and Google have not been acting as though they are experts in their field anymore with their latest round of announcements and product launches.

To start, let's talk about one of the moderate offenders: Apple. Apple has recently announced the launching of the iPhone SE and the iPad pro.

It seems as though Apple is trying to combat their critics who are claiming the company no longer has the ability to "wow us" anymore. In an interesting move the SE is using their flagship design of the 5s and packing in the content and state-of-the-art technology of the iPhone 6.

Claiming to be the "most powerful four-inch phone" ever, the SE will be just that. The SE will have a 64-bit A9 chip, an M9 motion coprocessor, and an NFC chip with support for the popular Apple Pay. All these updates will give the SE roughly three-times the power of the 5s and will also allow for the "Hey Siri" feature that allows for a hands-free experience, or so Apple claims. There are some drawbacks: the SE will not have the 3D touch feature that gave the 6s users the ability to use functions based on the amount of pressure they use on their screens and will only have a 1.2 megapixel user-facing camera.

The iPad Pro will have two models: a 9.7 inch and a 12.9 inch display screens with the 9.7 display having a lot of the same components as the latest iPhones but a far superior CPU. Though the 9.7 display is no bigger than their Air 2, the 12.7 display doesn't come with a lot of the fine-tuned components.

Now, let me talk about Microsoft: the offender of the month. Microsoft has found multiple ways to screw over its fan base for years, and for me this is the final straw.

Despite promising a long list of Windows 8.1 cellphones that would be eligible to update to Windows 10, Microsoft has released it only to a very select few of their Lumia phones.

PHOTO FROM DIGITALTRENDS.COM

Now, given the age of some of their models, it's not a surprise that a lot of phones can't update to the new OS, but with no second wave of updates happening, a lot of Windows fans are upset.

HTC promised back in 2015 that the M8, their flagship model, would be eligible for the update, and they would support it for two years, the average time a person has a phone; however, HTC has gone back on its promise and now says there are no plans for the device.

For a lot of people—myself included—these broken promises are not only sad but also hurtful. Windows mobile already has no claim to a half decent app store; it shouldn't even be uttered in the same sentence as the Google and Apple stores. Most of their popular apps are 3rd party developers who just hack into the Apple and Google servers to use popular apps like Snapchat and free navigation apps.

To put it into a more relatable perspective, the Instagram app is still in its BETA form and hasn't been updated in over a year while Waze, the popular navigation app, has noted it will not update its Windows version since its last update.

Private developers are not the only ones abandoning the 8.1 platform apps: Microsoft has, too. Microsoft has not updated any of their own apps like Xbox music (which was renamed Groove months ago but not updated on phones) and instead will focus on "single platform apps" for Windows 10. Many Android users are used to the kind of treatment from Google where OS updates are by phone model and not by individual update, but at least their apps still work.

Microsoft has lost all of its credibility to deliver on its promises, and its pitiful mobile platform should be put down. For all intents and purposes, we might as well buy a tablet than a Windows phone at this point.

Next week, there will be more in-depth look at the differences between Apple and Google, and maybe an answer to the question: Who has a better phone?

from the editor's desk

A lament to students' disinterest in writing for The Voice and writing in general

If you are reading this, you may take this as a complaint. Or maybe an analysis. What I really want you to do, though, is take is as a call-to-arms.

You see, writing is important. It's a way to communicate and spread new ideas; it's a way to digest complex material; to critique; it's a way to make your voice heard across innumerable mediums.

For some—like me—it's therapeutic.

In my three years as an editor for The Westfield Voice, the 2015-2016 academic year has perhaps seen the most decline in writers. Excluding the weeks in which a professor returns graded assignments and tells his or her students that they'll receive extra credit if they're published in The Voice.

For many, writing is just a grade. While this admittedly pains my English-major-with-a-writing-concentration heart, I accept it. I respect it. But if this is the case for you—and you've already taken the time to write the forsaken piece—why not simply send an email to thevoice@westfield.ma.edu?

Occasionally, I'll hear a peer say that they considered submitting a piece for publication, but they deferred because they feared that their work was not up-to-par.

What are you afraid of? We have editors for a reason. No one is perfect. Someone is going to edit this manic rant of mine, too.

Plus, we literally want to publish your work. We want to put it in print. We want to make it a public, archived record for the Ely Library that will stand the test of time. This is actually why we're funded. We are the student press of Westfield State. That's kind of the point.

We are also a valuable source for building your résumés, and this doesn't stop with the English and communication departments. Environmental science majors could publish a report on something they've studied on campus. Movement science students have the opportunity to write about physical health and wellness. Psychology majors are always welcome to submit pieces on mental health and mental illness. Future educators can write about their opinions on Mass. standardized tests or school funding across all levels. And don't even get me started on the ethnic and gender studies department; I know you're all doing a boatload of writing. Don't you want to communicate your ideas? Not only do I want to publish your work—I want to read it. Help me out?

Help us?

Help yourselves?

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Horoscopes

May the stars be ever in your favor...

Aries
(March 21 – April 19):
Academic struggles are on the horizon for you, Aries. The stars think it would be best for you to quit dabbling in biochemistry and pursue a career in flash dancing.

Taurus
(April 21 – May 21):
Tauruses are notorious for being a low-quality people. Embrace this destiny!

Gemini (May 22 – June 21):
A big promotion at work awaits you. It is too bad that you are not qualified for the job.

Cancer
(June 23 – July 22):
Time to visit grandma. She misses you.

Leo
(July 23 – August 23):
What you are doing is wrong. I know it. You know it. The stars know it.

Virgo
(August 24 – September 22):
You have been itching to find love and companionship; however, Virgos are better suited for a lifetime of solitude.

Libra
(September 23 – October 22):
Everyone may be calling you paranoid, but your theory that your friends have started an underground fight club without you is true.

Scorpio
(October 23 – November 21):
Your lifelong dream of becoming a wedding singer will never be achieved. Unfortunately, Scorpios are better suited for boring careers in medicine or engineering.

Sagittarius
(November 22 – December 21):
A surprise guest will be visiting you this week. It will be a Taurus, so keep your doors and windows locked tight.

Capricorn
(December 22 – January 19):
Avoid all Cancers with whom you have had a brutal, century-long family rivalry.

Aquarius
(January 20 – February 18):
Reality check—you cannot keep this charade up for much longer, Aquarius. Get your passport and your affairs in order.

Pisces
(February 19 – March 20):
Your future is as cloudy as the forecast this week, Pisces.

gail's guidance

Dear Gail,

I absolutely hate my job in retail. My bosses are mean, the customers are rude, and I make next to nothing. What should I do?

Signed,

I can't feel my feet when I'm at work

Dear I can't feel my feet when I'm work,

As a highly-adored life expert, I can't empathize with your current situation. But as a child who grew up with parents who owned a slaughterhouse in northern Wisconsin, I think I've experienced my fair share of ghastly, underpaying jobs.

First, I strongly suggest that you do not quit before you've found a replacement job—the winter of '89 was a particularly rough one for me, as I wasn't making an income.

The nights on the farm grow very long when you can't afford to buy broth, a bearskin, or a ped egg.

If you're looking to make work more endurable, I suggest role-playing as a house-elf during your shifts. It's delightful!

When I cook and fold laundry for the children, I get a kick out of shuffling around the house in my raggedy clothes and speaking in house-elf vernacular.

And when the customers hand you their clothes before entering the fitting room, you can pretend you've been set free! (Don't actually leave the store in triumph, through).

Additionally, if you're looking to receive adequate pay for your work, might I suggest voting for Bernie Sanders? He is an extraordinary man who is looking to—get this—make minimum wage high enough so that people can afford to live! What a concept!

If all else fails, email The Westfield Voice if you're looking for an entirely new job. I'm in desperate need of a new nanny, as my nefarious children have sent the last three running for the hills.

Best of luck!

Ya girl Gail

arts & entertainment

FRIDAY, MARCH 25, 2016 MONIQUE DESNOYERS, EDITOR

quick hits

as of March 21, 2016

Top 10 Singles

1. Work – Rihanna feat. Drake
2. Love Yourself – Justin Bieber
3. 7 Years – Lukas Graham
4. Stressed Out - Twenty One Pilots
5. My House – Flo Rida
6. Pillowtalk – Zayn
7. Me, Myself & I – G-Eazy x Bebe Rexha
8. Sorry – Justin Bieber
9. Cake By The Ocean – DNCE
10. Dangerous Woman - Ariana Grande

Top 5 Albums

1. ANTI – Rihanna
2. 25 – Adele
3. Purpose – Justin Bieber
4. Hymns – Joey + Rory
5. untitled unmastered. – Kendrick Lamar

Top 5 Movies

1. Zootopia
2. The Divergent Series: Allegiant
3. Miracles from Heaven
4. 10 Cloverfield Lane
5. Deadpool

Upcoming DVDs

1. Daddy's Home
2. Point Break
3. The Hunger Games: Mockingjay, Part 2
4. Terminus

KNOWING TO COOK

Espresso: that very special cup of coffee

"I have measured out my life with coffee spoons," T.S. Eliot

Ryan Cashman
Voice Columnist

Coffee is a **phenomenon.** The chosen elixir of writers, artists, academics, craftsmen, tradesmen, and students, coffee is by far the most popular morning beverage in the world, seconded only by tea; however, not all coffee is made equal.

The oft-recited passage from Jefferson's Declaration of Independence did not extend to the magnificent bean, which had found its way around the world and onto the taste buds of the most prominent thinkers of the age. Jefferson himself once remarked to Edmond Rogers that coffee is "the favorite drink of the civilized world."

So, why is it that a cup-o-joe from Dunkin Donuts does not compare to something you would find in a café on the Left Bank in Paris? I will tell you why: espresso.

Yes, it may sound like food-lover snobbery to mention the espresso—and it is espresso, not expresso—but the fact of the matter is that, unless you are Turkish, espresso is the most elegant and strong coffee you are apt to find.

All coffee beans begin the same way: on the tree. What makes the espresso so different is not that it comes from some special type of bean, but how the bean is roasted and ground. Beans used for making espresso are roasted longer to create a dark roast, which lends a deeper, more bittersweet and complex flavor. The beans are then ground fine, about the same consistency as table salt. In that, you have the beginnings of the espresso.

Making espresso is no difficult task; it just requires the right tools. The type of machine you will find in a place like Starbucks or an independently owned café is what is known formally as an espresso machine. You all know what they look like: large industrial type machines that baristas use to steam or froth milk and crank porta-filters into, forcing high pressured water out through the tamped down coffee grind, ultimately dripping into that humorously small cup. While funny to behold, there is a reason espresso is served in such a tiny vessel: strength. I guarantee that if you were to drink a typical American sized coffee mug filled with espresso, your body would be in tremors for hours.

The more home friendly and money saving way to make an espresso is with a Moka Pot, produced by the Bialetti Company in Italy. They are hexagonally shaped stovetop coffee makers which operate in a similar fashion to a percolator: you fill the base with water, insert a coffee filter, add the coffee grind, attach the top pot, and set over medium heat on the stove. The heated water is forced upwards through the coffee grind and into the top half.

A quick rule about Moka Pots is that, depending on the size, whether it is a single cup pot or a twelve-cup pot, the size of the brewing flame should never exceed the circumference of the pot's base. If you are using an electric stove, like the ones we have here at school, keep the heat on medium and make sure that the handle of the pot is not directly over the heat. This way, it will not melt or be hot-to-the-touch when the coffee is brewed.

Espresso has a very intense and dark flavor, which can prove to be too much for some. We cannot all be like the Italians, the creators of espresso, and swill back anywhere between three to five cups on a daily basis. I cannot even do that, though I still prefer my espresso straight. The main reason why espresso stands above the average cup of coffee is because it serves as the base for all of the lattes that have become so popular. The cappuccino, macchiato, mocha, Americano, and café latte all have espresso at their core. Granted, an amalgamation of flavors are added to sweeten or mask the harsh taste of espresso, but if you really pay attention the next time you order a

see **CASHMAN** *on page 14*

A Review on "Beasts of the Southern Wild"

Monique Desnoyers
Voice Contributor

PHOTO FROM WIKIMEDIA

Once upon a time there was a little girl with a big imagination and even bigger problems.

Hushpuppy, the protagonist in the independent film "Beasts of the Southern Wild," lives in a poor, flood-stricken community called the Bathtub with her father. The movie explores the depths of despair while giving the reader hope through a child's eyes.

With her father's advice and their determined spirits, Hushpuppy learns how to survive. If you want to see an original movie with an inspiring but realistic plot then this is the movie for you.

Cinematographer Ben Richardson helps the audience see what Hushpuppy sees by employing high-angle and point-of-view shots consistently throughout the film. The high-angle shots make the audience look down at Hushpuppy, emphasizing her small stature. The point-of-view shots, often taken from a low angle, allow the audience to see through Hushpuppy's eyes.

Quvenzhané Wallis offers a memorable debut performance as Hushpuppy. At only six years of age, Wallis manages to deliver a realistic portrayal of a child growing up in poverty as she develops great chemistry with other actors. The scenes with her father, played by Dwight Henry, are moving and at times amusing.

When the audience is given a close-up of Hushpuppy trying to break open a crab at her father's command, Wallis puts on an incredibly believable determined expression. The young actress's abilities are the result of raw, natural talent.

Director and co-writer Benh Zeitlin along with his writing partner Lucy Alibar have created a movie that makes the audience think about society. The post-Katrina scenery offers a believable setting, and the portrayal of poverty is accurate. We see what life is like for people in the Bathtub and how others treat them.

In addition to being filled with realistic situations, "Beasts of the Southern Wild" is sprinkled with humor. When Hushpuppy's father goes out to shoot at the thunderstorm to show Hushpuppy that there is no need to fear it, or when Hushpuppy declares, "I'm the man," the audience is given an opportunity to laugh in spite of unfortunate situations.

"Beasts of the Southern Wild" is a must-see. Hushpuppy's innocent but insightful view of the world provides the audience with a new, more optimistic mindset.

The immortal plot is one that will surely stand the test of time. Just as Hushpuppy says "The scientists of the future; they're gonna find it all. They gonna know. Once there was a Hushpuppy and she lived with her daddy in the Bathtub," so too will people of the future know that once there was an unforgettable story about a courageous little girl who, with her father's guidance, faced incredibly large beasts.

owls athletics

FRIDAY, MARCH 25, 2016 MICHAEL BARRY, EDITOR

Men's lacrosse looking forward to season's challenges

Andrew McIntosh
Voice Reporter

As winter is coming to a close and spring is on the horizon, it presents new beginnings and opportunities. Spring sports are just starting up here at Westfield State and the men's club lacrosse team seems to be having a successful year. Hopefully, they will improve upon their 3¬-6 record from last year.

The Owls have been practicing since the fall in preparation for this spring, which is treated as their varsity season. The team is lead by Captains Matt Haley at defense and Jake Tullock in net along with coaches Daniel Blinn and Nick Kates.

The season is still young and the Owls are continuing to kick the rust off. Haley says that the team is hoping to improve on their communication and organization.

PHOTO FROM INSTAGRAM

"Communication and organization from top to bottom down from coaches to captains to players. So much of having a successful team is having a routine and sticking to it. Being able to organize yourself on the field to be prepared for any situation and know what is expected of you," says Haley.

The Owls recently had a tough loss to the University of New Hampshire, going down 17-¬8. Junior attackman Jake Sargent was a huge contributor on offense. Sargent totaled three goals along with an assist. Freshmen midfielder Joshua Sawyer also tacked on a pair of goals, and freshmen attackman Thomas DiCalogero also had two goals. Junior defender Kyle Finamore had one goal and two assists.

On the defensive end of the field, Haley led the team with six ground balls. In net, Tullock only allowed four goals and had four saves to match. Assistant coach Nick Kates was very pleased with how the Owls played.

"The tourney went well. A lot of young kids stepped up. We are a young team in every aspect, but our strength is differently our defense lead by 1st team all PCLL all-star defensive specialist Josh Golden."

Kates is optimistic about the Owls chances against powerhouse UCONN. It's one of the best teams they will play all year, and they have to come out of the gate ready to go and take the momentum early to get UCONN out of their game.

This team has a long season ahead and hope to end it with some hardware. Some of the players to watch who can make that happen are seniors Matt Gambale, and Don Tran holding down the midfield position along with junior midfielder Joe Zanchi, who has the speed to be a threat late in the game.

This team is full of young talent that is aching to get their shot at some playing time and prove that they can be an asset. The Owls are looking forward to the challenge that this season will bring, but they are still looking to take this season one game at a time.

Owls baseball shows the guts and determination to prove themselves

Jack Corsi
Voice Reporter

PHOTO PROVIDED BY OWLSATHLETICS.COM

The baseball season has begun here in Westfield, and this season's version of the Owls comes in with some high expectations. The birds should be flying high with a good team of first-year guys and seasoned veterans. We could really see this year's Owls make a deep run into the MASCAC tournament and maybe even win it.

The preseason poll had the Owls ranked second in the conference, which is not bad after last season's 6-8 finish in the conference. The preseason favorite is the returning champion Salem State Vikings.

The Vikings are the heavy favorite, getting a total of 49 points and the return of their star shortstop Richard Fecteau. Fecteau batted .363 batting average, had 31 RBI, and 18 doubles during the 2015 season, which earned him a spot on the All-Conference team.

The Owls boasted some of their own All-Conference guys last season in Christian McCormack and Danny DiMatteo. DiMatteo and McCormack could be a lethal duo this season for the Owls, and they will definitely need them to be.

Last season they hit in the .300 range, with DiMatteo hitting .372 and McCormack hitting .309. They will have to be just like this or even better than last season to get the Owls to the promise land.

Westfield took a trip down to Florida to start the season, culminating in a 5-6 start to this campaign. Not exactly the start they might want for the year, they matched up well against Curry.

The Owls split with Curry down in Florida, holding leads in both games, but they just couldn't hold onto them. Curry made the NCAAs last season, and by splitting with them the Owls could show the guts and the determination to prove themselves. Pitching performances by Justin Thomson and John Gegetskas were key in these matchups. Pitching will have to be a big piece this season for the Owls.

Westfield finished the trip with an 18-0 blowout over Lesley University. Winning that big in the final day could really prove to the teams in conference

see **CORSI** *on page 14*

Patriots off-season so far

Michael Barry
Sports Editor

Even though it has been less than two months since the last NFL season ended, the turn around to the upcoming one is already in full swing. Between the Senior Bowl, Combine, all the pro days for incoming rookies, and new free agency, it seems like football season just never ends.

The 2015 season, while successful for almost any other franchise, ended in heartbreaking fashion for the New England Patriots. After an upset loss to the eventual Super Bowl Champion Denver Broncos, the Patriots have been doing everything they can this off-season to be able to play just one more game this year than they did last year.

While the Pats have made the usual small-time practice squad deals, there have been a few moves that have made major headlines and will make the Pats a much better team this coming season.

Before the additions are discussed, the Patriots lost two major players on their defense. Eight-year veteran Jerod Mayo announced his retirement on Feb. 16 after the Patriots placed him on injured reserve.

Mayo cited the overbearing physical toll that football was taking on his body as his reason for retirement.

While Mayo was a career Patriot and a former all pro and rookie of the year, his role on the team had diminished significantly in the past few seasons.

Since the Patriots drafted players such as Don't'a Hightower and Jamie Collins, as well as signing Jonathan Freeny, Mayo had been filling a back-up role whenever he was healthy.

While losing him won't be a major hit to the defense moving forward, he will be greatly missed by all of Patriot nation.

The Patriots also lost defensive end Chandler Jones to a trade with the Arizona Cardinals. Jones was drafted by the Patriots 21st overall in the 2012 draft and has been a staple of this team's defense ever since. While losing Jones is a tough, the Patriots wouldn't have been able to resign him after this season with all of the other expiring contracts on their payroll.

In trading Jones, the Patriots were able to fill one of the biggest needs they had: the offensive line. The Cardinals sent us guard Jonathan Cooper and a second round draft pick.

While Cooper's NFL career is off to a rocky start with a broken leg his rookie year and being benched last season, his potential is still through the roof. Cooper was the seventh overall pick in the 2013 draft and if he pans out, could save the Patriots horrific interior offensive line.

In an absolute no brainer, the Patriots resigned quarterback Tom Brady to a two-year extension on March 10th. This would lock Brady

see **BARRY** *on page 14*

from **MERCER** *on page 2*

lists these circumstances under subsections. Subsections "n" and "m" were both completely revamped.

Subsection "n" states that the university can disclose information from a student's record "To the victim of an alleged perpetrator of a crime of violence or non-forcible sex offense. This disclosure may only include the final results of the disciplinary proceeding conducted by the university.

The university may disclose the results of the disciplinary proceeding, regardless of whether the university concluded a violation was committed."

This subsection was changed to specifically add a crime of violence into the language of the subsection in addition to crimes of non-forcible sex offense.

Subsection "o" states that "The university may disclose only the final results of a disciplinary proceeding at the university-if the student is an alleged perpetrator of a crime of violence or non-forcible sex offense; and the student has been found responsible for a violation of the university policies. The university may not disclose the name of any other student, including a victim or witness, without the prior written consent of the other student." LaMontagne clarified that this is already recognized under federal law and that the university may only disclose these results should the person be found responsible.

"It's something we can use if we feel we need to, particularly in a heightened media situation or really public situation. It's not something we have to use, and we don't have to report out every crime, every situation," said LaMontagne.

"I also think that it is important for the university to make a statement because it shows that the University has taken whatever incident seriously and that the student's safety comes first," President Torrecilha added.

The next meeting of the Student Government Association will be March 29 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

from **BARRY** *on page 13*

up as a Patriot, not that he was going anywhere, until 2018, which would make him forty years old. At the historic rate he's been going at, it's tough to picture Brady's production falling off at all. While age is unavoidable, Brady has been seemingly avoiding father time for the past five or so seasons.

As a biased Patriots fan, it would be heartbreaking to see the greatest of all time in any other uniform, so resigning Brady is the best case scenario.

Adding to our already-loaded tight end core, which is only loaded because of Rob Gronkowski, the Patriots traded for former Bears tight end Martellus Bennett for a late round pick swap. Bennett could be argued as one of the ten best tight ends in the league so pairing him up with Gronk should terrify opposing defenses.

The most recent signings the Patriots have been made are a trio of under-producing veterans looking to revitalize their careers. The Patriots signed running back Donald Brown, defensive end Chris Long, and linebacker Shea McClellin.

The signing of Brown and McClellin don't make much sense, since the linebacker and running back position are two that the Patriots don't need much help in. Brown will most likely see exclusively special teams reps, barring multiple injuries in the backfield. The same goes for McClellin, who should be helpful in the return and kick off game.

Chris Long is the only of the three who I could see getting major first team reps on defense. After the loss of Jones, a rotation between our multiple defensive ends will make for a diverse pass rush. Long's veteran experience coupled with players like Jabaal Sheard and Rob Ninkovich; the Pats pass rush will be very effective.

There is still plenty of off-season left including the NFL draft. The Patriots seem to be doing everything right and will hopefully continue to do so leading up to the start of next season.

from **CORSI** *on page 13*

that the Owls are filled to the brim with talent at all facets of the game.

The Owls returned home in style with a win over Becker College. Ray Bell improved to 2-0 on the season, giving up just two hits in six innings of work.

Is it safe to say that Bell is the team's ace? He hurled nine strikeouts as well, an impressive performance to say the least. He was followed by Nate Marshall and Matt Nunes, who combined for three innings of work with no hits and five strikeouts: a great outing for the Owl bullpen.

The Owls will make a trip to Trinity on Friday after facing Springfield College at home on Thursday. But that is not all; the Owls also have a doubleheader on Saturday with Albertus Magnus.

from **RELEASE** *on page 4*

training curriculum for more than 3,200 employees on an annual basis to meet the American Correctional Association Standard. Captain Gonsalves is a member of the Correctional Peace Officers Foundation National Honor Guard and the International Association of Correctional Training Personnel.

Chief Jody Kasper, Class of 1991, 2001, 2006: Chief Jody Kasper has been with the Northampton Police Department since 1998. After almost two decades on the force and a lengthy selection process, Kasper was sworn in as Northampton's first female police chief in June 2015.

Kasper taught as an adjunct professor at Elms College for ten years and also teaches a variety of police trainings in the areas of motivation and morale, progressive police supervision, and comprehensive police safety programs.

Agent Thomas O'Connor, Class of 1990: O'Connor is the Vice President of the FBI Agents Association, a non-governmental association dedicated to providing support and advocacy to over 13,000 member agents. Prior to joining the FBI SA O'Connor was a Detective Sergeant with a local Police Department in Massachusetts for 15 years where he specialized in narcotics/gang and violent crimes investigation. O'Connor has deployed internationally to investigate shooting incidents in both Iraq and Afghanistan.

Tickets are $25 and can be purchased at www.westfield.ma.edu/CJHOF. Following the event, participants are invited to embark on a campus tour.

For more information, contact Victoria Landry at (413) 485-7469 or Vlandry@westfield.ma.edu.

from **CASHMAN** *on page 10*

café latte you will be able to catch a hint of that magnificently brewed potion that helped create one of your favorite drinks.

Americans seems to be caught in a bit of an espresso fever. Coffee companies everywhere are offering to add shots of espresso into their coffee as if to say "it will wake you up faster and you will have a more productive day!"

Honestly, if you are willing to put in the time—about ten minutes total—to make one espresso in the morning, you are most likely already awake enough to function.

Arguably, a Moka Pot is a great investment for anyone who does not feel like spending any more money at Starbucks. But this is coming from someone who likes to make his coffee at home.

As always: buona tavola é mangiare mene!

Games & Leisure

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Easter

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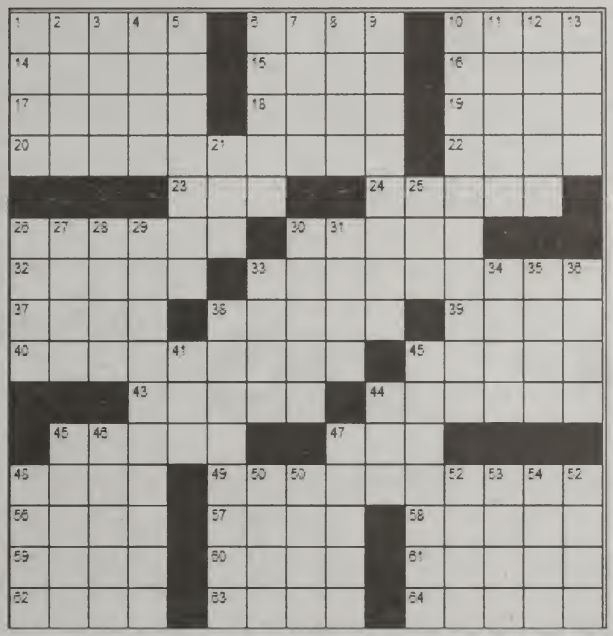
ASH WEDNESDAY
BREAD
BUNNY
CALVARY
CELEBRATION
CHOCOLATE
CHRIST
CHURCH
CROSS
CRUCIFIXION
CUSTOM
DEATH
DISCIPLES
EGG HUNT
EGGS
EUCHARIST
FAMILY
FASTING
FESTIVAL
FRIDAY
HOLIDAY
HOLY WEEK
JESUS
LAST SUPPER
LENT
MARY
MASS
MEAL
NEW TESTAMENT
PALMS
PARADE
PASSOVER
PENANCE
PENITENCE
PRAYER
RESURRECTION
ROAST
SACRAMENT
SATURDAY
SUNDAY
THURSDAY
TOMB
TRADITION
VIGIL



ACROSS

1. Gentlewoman
6. Break
10. Russian emperor
14. Redress
15. Brass instrument
16. Fit
17. Plunders
18. Ends a prayer
19. Quaint outburst
20. Unmixable
22. Quick note
23. Charged particle
24. Lariat
26. Borne on the water
30. Grin
32. Instruct
33. Shore
37. Ear-related
38. Increase
39. Voice Over Internet Protocol
40. Monetary
42. Fight with swords
43. Relaxes
44. Renter
45. Female horses
47. A gesture of assent
48. Part of the outer ear
49. Unable to read
56. Computer symbol
57. Beasts of burden
58. Kingly
59. Fashionable
60. 3 times 3
61. Warning signal
62. Cabbagelike vegetable
63. Seats oneself
64. Harps

DOWN

1. A landlocked African republic
2. "Smallest" particle
3. Bad end
4. Against
5. Savior
6. Spot
7. Deaden
8. Cain's brother
9. A member of a panel
10. Reflexive form of "them"
11. Mentors
12. San Antonio fort
13. Start over 21. Small portable bed
25. Altitude (abbrev.)
26. At the peak of
27. Celebration
28. Nonclerical
29. Happening
30. Turns bad
31. Numerous
33. Jacket
34. Charged particles
35. Agreeable
36. Type of sword
38. Assignments
41. Born as
42. National
44. A parcel of land
45. Chocolate-flavored coffee
46. Agitated
47. 9 9 9 9
48. Pass the tongue over
50. 62 in Roman numerals
51. Gave temporarily
52. Depend
53. Food thickener
54. Container weight
55. Shade trees

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
3/25	9:30a	Cross Cultural Literature Symposium	Scanlon BNQT Hall
3/25	6p	Congregation Ahavas Achim Purim Celebration	Interfaith Center
3/26	12p	Baseball v. Albertus Magnus	Woodward Center
3/26	7p	Whip Comedy Improv Presents: Here Comes The Bloom	Owl's Nest
3/28	4p	Baseball v. Mitchell College	Woodward Center
3/28	6p	Howard Bryant: ESPN Senior Writer & NPR Commentator)	Loughman LVG RM
3/28	6p	FREE Math MTEL Workshop	Wilson 418
3/29	9:30a	Safe Zone Training (Open To Fac/Staff/Students)	Owl's Nest
3/29	4p	Career Chats—University Hall Lobby	University Hall
3/29	5:30p	Westfield State Graduate Programs Open House	Scanlon BNQT Hall
3/29	6p	Spring New Works Reading: An Evening of Poetry	Scanlon BNQT Hall
3/29	6:30p	Islands In The Sky: Glaciers On Kilimanjaro & Other Tropical Mountains	Wilson Auditorium
3/29	7:30p	Black Excellence Open Mic Night—Dress in Black!	Owl's Nest
3/30	2p	Test Taking Tips	Banacos Center
3/30	3:30p	Baseball v. Elms College	Woodward Center
3/30	5:30p	Regional Planning—Professional Networking Night	Scanlon BNQT Hall
3/30	7p	Active Minds Club	SGA E 021
3/31	1p	Spring Career Fair—Springfield Technical CC 1 Armory St	Springfield, MA
3/31	4:30p	Competitive Careers Panel	Owl's Nest
3/31	7a	Senior Class Registration Day!	myWestfield

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mtalloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m. and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, APRIL 1, 2016

westfieldvoice.com
@westfieldvoice

CAB announces SpringFest petting zoo

The Voice Staff

Yes, you read that right—it's true. We are getting a petting zoo!

Gather round and you shall see: no other college is as fun as we.

No more concert because of money, but rumor has it there will be a giant bunny!

By now it is obvious, the name has changed; say "bye-bye Spring Weekend." How deranged!

Friday and Saturday will be lots of fun; relax, drink a smoothie, play in the sun.

Even though there is no concert, at least there will be events that normally happen throughout the year...

This trustworthy, upstanding citizen seems to love goats. How about you? Don't miss the SpringFest petting zoo!

Bingo, comedians, and food—Dunkin Donuts coffee, freshly brewed.

Do you like to dance? I know I do.

Bet you can't guess the theme, so we'll give you a clue: Furby, Bop It, Wonder Ball and Slinky—we assure you Spring Fest won't be dinky.

You want to know why? We'll tell you why: Star Wars is playing, so you'd better come by!

Remember the theme, the one we wouldn't tell? IT'S THE '90s! Isn't that swell?

Lay on the green! Enjoy the show! Rejoice in the fact that there's no more snow!

While we mourn the loss of a concert, we should all remember: this was decided upon back in September.

So if you're upset or feeling bad, pet some animals, and bring your favorite comrade!

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The objective student press of Westfield State University

VOLUME VII, ISSUE XIX

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FRIDAY, APRIL 1, 2016

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
The current dean and professor of the School of Journalism and Mass Communications at Florida International University Dr. Raul Reis was hired last week as the new dean of the School of Communications at Emerson College. In his time at FIU, Reis has increased enrollment, created two undergraduate majors, raised $3 million for the university, and more.

The New Hampshire,
U. OF NEW HAMPSHIRE
The UNH gymnastics team will be competing in the 2016 National Collegiate Women's Gymnastics Championships Ann Arbor Regional on April 2 at the University of Michigan. The team took second place at the East Atlantic Gymnastics League Championships earlier this month and is currently ranked No. 33 in the country.

The Daily Collegian
U. OF MASS AMHERST
UMASS students found a flyer on a University printer with racist and homophobic remarks this past Sunday, just days after an anti-Semitic and white supremacist flyer was found on Thursday. University police are currently conducting an investigation and have confirmed that the flyers were sent to University printers and fax machines at an off-campus location.

The Washington Square News,
NEW YORK UNIVERSITY
The Incarceration to Education Coalition (IEC) held a 30-hour sit-in Saturday night to demand that the university remove questions on their admissions applications about previous disciplinary action and criminal history. These questions, known as "the box," have been removed from such applications as the Silver School of Social Work's Masters program application, but remain on NYU's primary undergraduate application, the Common Application.

VP of finance introduces proposal for increased student activity fee

Nicholas Sarnelli
Editor-in-Chief

Sandra Mercer
Head Copy Editor

On Tuesday, March 29, the Student Government Association held their first "Bring a Friend to SGA" meeting in which senators were invited to bring a pal to senate. This event is poised to increase student interest in SGA and prompt new members. Many friends of SGA members lined the back of the Peter D. Mazza Student Government Room and observed the meeting as it was called to order.

In the beginning, Madam President Evelyn Dina explained that there is talk of changing the traditions of commencement, specifically those who read students' names as they walk to receive their diploma. Currently, professors from each department read the names of graduating students within their department; however, there is a debate as to whether having administrators read all names would be more time-efficient and would help shorten the commencement ceremony.

Vice President of Student Life Matthew Carlin announced that housing selection begins next week. Senior and junior housing sign-ups will be April 4. Senior, junior, and sophomore selections will be April 6. The last day for housing selections will be April 11. Carlin said that room swap would be on April 13.

He announced that time slots will be sent to students 24 hours before their selection date. Carlin said that if a student does not receive their time slot from Josh Hettrick they should email him directly at jhettrick@westfield.ma.edu or Carlin himself at vpstudentlife@westfield.ma.edu.

Carlin also announced that President Torrecilha has expressed interest in moving his office to the Ely Library, specifically the stacks on the fifth floor. Carlin said that he wanted to make sure that students were aware of this so they could voice their opinions on the matter. Carlin affirmed that this idea is not yet decided or set-in-stone.

Vice President of Finance Brandon Trafford introduced a proposal for a $10 increase on the student activities fee to senate. Currently, students pay $113 per year toward student programming and club funding. This $10 would bring the cost to $123 and would generate an additional $46,500 for club line items, programming, and the like.

Dan Pendenza, representative-at-large, asked why the fee increase would be specifically $10.

Trafford explained that this fee increase would mimic the last time the student activities fee was raised nine years ago. He explained that since the cost of living goes up yearly, increasing the fee would help those who receiving funding directly from the activities fee adjust to higher costs and expenses.

President Dina stated that she supports the proposal. She went on to point out that the $10 increase is technically $5 per semester.

Dina emphasized that the additional fee would come back to students as it improves campus activities and resourceful student events.

Dina also reminded the SGA that the board of trustees has not yet voted on the proposal.

Matthew Carlin urged that the fee increase would allow the budget to be maintained rather than raised altogether. He said that this $10 increase would go toward providing and promoting students' opportunities, especially with the higher enrollment projection for the next academic year.

Executive Secretary Brendan McKee announced that Pizza with the Candidates would be on Thursday, April 14 at 4 p.m. This is an annual event in which students running for student government positions and class council positions introduce themselves to members of the student body and ask for their vote. Nomination forms are due Friday, April 8. These forms are available in the SGA room.

The next meeting of the Student Government Association will be April 5 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

April 7–8, 2016
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Visit westfieldalumni.org/giveahoot or contact Tom Convery '78 at (413) 485-7358 or tconvery@westfield.ma.edu

The Albert and Amelia Ferst Interfaith Breakfast
April 6
7:30 a.m.
Scanlon Banquet Hall

The Interfaith Center has been renovated and is now booming with activity!

Join us and celebrate the interfaith initiatives of Westfield State.

Criminal Justice Alumni Hall of Fame
April 9
11:00 a.m.
Scanlon Banquet Hall

Join us for brunch as we honor the inaugural class of the Criminal Justice Hall of Fame. To view the honorees, visit westfield.ma.edu/CJHOF.

Contact Victoria Landry at (413) 485-7649 or vlandry@westfield.ma.edu for tickets or more information on either event.

Westfield State University held first Fresh Check Day Supporting Mental Health Awareness

Members from Westfield State University's Dance Team enthusiastically facilitate a Make-Your-Own-Chex-Mix bar at the University's very first Fresh Check Day on March 24 in Ely Campus Center.

From Press Release

Westfield State University held its first Fresh Check Day® on March 24, 2016 from 11:00am-3:00pm at Ely Campus Center. Fresh Check Day is a program created by the Jordan Porco Foundation (JPF). Fresh Check Day is an uplifting and engaging mental health and wellness fair with interactive booths, free food, entertainment, prizes, and giveaways. Fresh Check Day creates an approachable atmosphere to talk about mental health and connect students to resources.

Fresh Check Day is going Nationwide.

In five years, JPF has grown to become a nationally recognized leader in the field of suicide prevention. Suicide is the second leading cause of death for young adults aged 15-24 in the U.S.

1. We know that more than 2 million college students (out of 20 million total) contemplate suicide, and that 1.2 million high school students (out of 14.9 million total) attempt suicide each year.

2. Young adult suicide is a major public health concern, which has led to the formation of a National Suicide Prevention Strategy. JPF's primary prevention programs connect with and are advised by National Strategy. Their programs have been designed to fill gaps in existing suicide prevention strategies in schools and communities.

The numbers are daunting but progress can be made—and is being made—to save lives. In 2016, JPF will expand their Fresh Check Day program nationwide. They will partner with over 75 colleges and universities throughout the Northeast and beyond, potentially impacting over 318,000 students.

The Jordan Porco Foundation's mission is to prevent suicide, promote mental health, and create a message of hope for young adults by providing engaging and uplifting programming. Their programming emphasizes peer-to-peer messaging promoting help seeking behavior, self-care, and coping skills, challenging stigma by talking openly about mental health, and educating about the risk factors and warning signs of suicide and other related mental health concerns. Their portfolio of innovative programs includes Fresh Check Day, Nine out of Ten, and their pilot program 4 What's Next.

Visit freshcheckday.com/Westfield for more information on Westfield State University's Fresh Check Day.

For more information on the Jordan Porco Foundation, and how to bring Fresh Check Day to your college, visit their website rememberingjordan.org and follow them on social media: Twitter - @FreshCheckDay @JMPMF | Facebook & LinkedIn - Jordan Porco Foundation. You can find pictures from Westfield State University's Fresh Check Day with this hashtag: #FRESHCHECKDAYWESTFIELD.

The Paytons of Westfield:
Black Entrepreneurship and the Founding of Harlem

Emma Rodriguez
Voice Contributor

Phillip A. Payton Jr., a once-local African-American real estate entrepreneur who inspired many people, and is credited as the "Father of Harlem."

According to the article, Philip A. Payton: The Father of Harlem, "Harlem's been called 'the Black Capital of America,' a haven for Blacks from around the nation (and the world)."

"It has been the nexus of African American culture, and home to the largest black population outside Africa. All resulted from the ambitions of one man – Philip A. Payton, Jr.," the article said.

Payton Jr. was born in Westfield, Massachusetts in 1876 to Philip Payton Sr. and Annie (Ryans) Payton. His father was a well-known local barber down on 79 Elm Street here in Westfield, and his mother operated a hairdressing business.

Philip A. Payton Sr. was a former slave born in Washington, D.C. in 1845. He then migrated to Westfield in 1872 where he became part of the African American change in the small town. His barbershop was not only a place where other people came in to get a haircut, but according to the book African-American Business Leaders: A Biographical Dictionary, the "barbershop served as a gathering place for the small black community in Westfield."

At a young age, Payton Jr. had been part of the business industry. His mother and father taught him and his siblings how to run a successful business. This lead to Payton Jr. evolving into the business life

Payton Jr. graduated from Westfield High School, but early on in his career at Livingston College in North Carolina Payton Jr. decided to drop out due to a football injury. He went back home to his parents to resume working for them. His sister attended the Westfield Normal School during this time and his two younger brothers attended Yale.

The Payton family did not only make history in Westfield, Massachusetts but also in New York City. Watching his family process while working for his parents made Payton Jr. feel that he was less then his siblings.

Payton Jr. decided to make changes in his life. He moved down to New York City where he impacted the community and made a difference.

When Payton Jr. made it to New York City he was not known as the "Father of Harlem" right away. He worked in department stores, a barbershop, and a real estate firm as a janitor in Harlem. This is when Payton Jr. learned the ropes of real estate.

While working for the firm, Payton Jr. noticed how the white folks treated their African American tenants. He became very impatient with the negativity that he witnessed. This is when Payton Jr. started becoming known as the "Father of Harlem."

Payton Jr. made relationships with two of the most influential and powerful men in the United States, Booker T. Washington and W.E.B. Dubois.

Booker T. Washington was an African American educator and advisor to United State Presidents back in the early 1900's, and W.E.B. Dubois was an American sociologist, historian, civil rights activist, author and editor. Both men became very close to Payton Jr. and helped him become a leader with their knowledge and experience.

According to the article Philip A. Payton:

The Father of Harlem, Payton Jr. founded The African American Real Estate Company in 1904. During this time, racism was prevalent and white people did not enjoy the idea of an African American doing well in the real estate business. Many people became mad and this lead to the Real Estate Race War.

"The Hudson Realty Company bought three tenements from the Afro-American Realty Co., promptly evicted their black tenants, and replaced them with white ones," the article says.

Payton's company then did the same, but with white tenants. It was a war that occurred between the two companies, but in the end, The Hudson Realty Company decided to stop this nonsense.

Payton Jr. dealt with leaving college early and helping his parents with their business, creating an African American location in Harlem, and the Real Estate Race War. To this day, Philip A. Payton, Jr. is known as an incredible businessman and is represented in todays Black History Month story.

If you are interested in learning more about the Payton family, please join us on April 5, 2016 in the University Hall lobby.

Oceanographer presents on rising sea levels

Emily Spakauskas
Voice Reporter

On Thursday, March 24, Westfield State University was lucky enough to have research geologist and oceanographer Curt Storlazzi come to campus as part of the ongoing Guest Lecture Series.

Students and faculty came to hear Storlazzi speak about coral reefs, climate change, and atoll sustainability in the jam-packed Savignano Auditorium. The main point of Storlazzi's speech focused on the fact that rising sea levels create larger waves, which in turn cause a higher run-up and greater marine flooding.

"It is worse than a hurricane Katrina that would happen every 12 years," Storlazzi said.

What could be worse than that? Well, it is the fact that wave-driven flooding is predicted to occur once every year. With a recovery period of 15 months, most islands will not be able to bounce back from this level of disaster.

Sea levels in the Western Pacific Ocean are increasing two to three times the global average, which is almost one foot since 1990.

"Let me say to you folks, you can debate global warming all you want, but let me tell you, sea level is rising," Storlazzi said.

His comparison to a detrimental global event showed how important it is to address rising sea levels.

A PowerPoint presentation that included diagrams, 3-D videos, and various images guided Storlazzi's lecture. He explained that islands would reach tipping points, leading to a period of time where assets are no longer viable.

"We're basically trying to do triage on these islands," Storlazzi said.

The urgency of his message was clear and well supported. Storlazzi even has fieldwork experience working on islands to salvage what was left after 15-16 foot waves destroyed freshwater sources, agriculture, and structures.

What Storlazzi was trying to warn about is that these large waves will occur much more frequently. The scary thing about this is that we will not even have time to recover from these impacts.

"No one is really paying attention, but this needs to be dealt with immediately or eventually the overflooding won't just be happening on islands, it will be happening to every continent," student audience member and sophomore biology major Colleen Andrews commented.

"No one will recognize this as a global issue until they're the ones who are drowning. And by then, it will be too late," agrees audience member and communication major Aleixa Gagnon.

Storlazzi's message was well received throughout the crowd. Despite Westfield's Wi-Fi failing him seven times, Storlazzi continued to deliver his speech comfortably.

"We want you to join us!" one audience member yelled out in

see **SPAKAUSKAS** *on page 17*

Horoscopes

May the stars be ever in your favor...

Aries
(March 21 – April 19):
When it comes to spats with Tauruses, don't beat around the bush. Taursues are known to use foliage to their advantage during a fight.

Taurus
(April 21 – May 21):
Your hot-headedness has been getting the best of you lately. Try some tea and Advil to break your fever.

Gemini
(May 22 – June 21):
New romances are always an enthralling experience. You wouldn't know—but trust me—they are.

Cancer
(June 23 – July 22):
The position of Jupiter suggests that you do some crunches before bathing suit season.

Leo
(July 23 – August 23):
Give a wide berth to all Tauruses with violent tendencies.

Virgo
(August 24 – September 22):
The stars know that traveling the world has always been a dream of yours; however, they seldom take the aspirations of Virgos into consideration.

Libra
(September 23 – October 22):
Isn't it rather alarming that your friends have been ditching you to hang out with Tauruses lately? It's time to work on your social skills, Libra.

Scorpio
(October 23 – November 21):
Scorpios love cold, dark climates. Why not pursue a career in spelunking?

Sagittarius
(November 22 – December 21):
A substantial demotion is on the horizon for you, Sagittarius. Cancel that mysteriously expensive purchase on Amazon.

Capricorn
(December 22 – January 19):
Capricorns love the heat and hate hydrating. That's a deadly combination, my friend.

Aquarius
(January 20 – February 18):
The stars are sending a strong warning that Santiago is coming for you this week, Aquarius. Be wary of the fact that Santiago is a Taurus.

Pisces
(February 19 – March 20):
The stars are offended by the lack of spice in your life, Pisces.

gail's guidance

Dear Gail,

This fling I was having with someone just ended, but we still have to see each other and work together every day. This is so hard! How do I get through it?

Signed,
Hopeless and heartbroken

Dear hopeless and heartbroken,

As a woman who has never been dumped, I'm sorry to say that I cannot relate to your dilemma. My son, however, has been in this situation a plethora of times, and I have effortlessly helped him through it time and time again. Don't worry, you're in good hands with ya girl Gail.

After my son gets dumped I always send him to school the next day sporting his handsomest Lacoste polo and my husband's most expensive aftershave.

This achieves two desired goals: a self-confidence boost and a fresh batch of single ladies knocking on our front door for dinner. So treat yourself to a snazzy new dress and a session with your Ped Egg and get back on the market.

Just for the record, my son is currently available, and he'll be happy to use that Ped Egg on you himself! He may be young, but I have put lots of hours into preparing him for fraternizing with the opposite sex and using a Ped Egg.

I think he is ready to fulfill your needs and make you forget about that rotten apple. I only want the best for my adoring fans!

Always and forever,
Ya girl Gail

opinions & editorials

FRIDAY, APRIL 1, 2016 NATHAN GODARD, EDITOR

The Infallible Police of the World

Nathan Godard
Op-Ed Editor

Since the end of World War II, the United States has been the veritable "police-of-the-world." Containing a military presence in virtually every sovereign nation in the world, we have eyes and ears everywhere. But why?

Well, I have a theory.

After the defeat of the Germans in World War I, President Woodrow Wilson proposed a very unique idea: the 14 Points. This document listed the necessary steps the powers of the world should take to rebuild Europe and keep another world war from occurring. Most of these points were rejected, and the people of America did not support any further involvement in European affairs; however, one important thing came from this: The League of Nations.

The League of Nations was created from the countries on the "good side" of WWI with the intent of preventing another world war. The United States, however, was the only power in the world at the time: Russia was in a state of instability, Britain and France were significantly crippled from WWI, and Germany was doomed to pay enormous reparations after the Treaty of Versailles. The United States was the only country with a relatively healthy economy and a military that was still intact after the war. Congress denied the president's desire for the United States to lead the League of Nations, and the people of America indicated a very isolationist mood, so the countries without teeth led the League.

Fast-forward: World War II has not yet been officially declared, but Hitler's Nazi regime was demanding Czechoslovakia. The League of Nations was weak. The nations of the world were still rebuilding, and had no strength to deny the regime. So, as a concession, they allowed the annexation of Czechoslovakia. Of course, it was not going to stop there. Hitler proceeded to invade Poland, one thing lead to another, and World War II began.

At the end of World War II, Berlin was surrounded and Japan surrendered after Hiroshima and Nagasaki's unfortunate ends. Just like after WWI, the United States was the strongest country and had the most stable infrastructure of any nation in the world, excluding the Soviet Union. A very important choice was laid before the feet of the United States: remain isolationist or take action. Of course, the United States took action, creating the United Nations and essentially being its teeth. We of the major reasons the U.S. did this was to combat the rise of communism. Ever since, we have been the unofficial police of the world with the justification of spreading democracy, but only in places in which it is convenient and beneficial.

After 9/11, a new justification was made to protect democracy and fight against terrorism in all of its forms. I am not saying that the United States is wrong to put its hands in so many pies; however, my question is why should it be the United States? Why must it be the U.S. and not another country? America, though we do not currently have the best economic infrastructure, is still the most powerful country in the world and has been since World War II, especially at the end of the Cold War. It is fair to ask why we are involved in the politics of countries that seem to have nothing to do with us, but perhaps there are other factors involved. Perhaps there is more self-interest in our domination of the national stage than meets the eye.

I recently read that America has been at war for 93 percent of its history and that there has only been 21 years of peace in America since 1776. Of course this is due mostly to the fact that for many years, even during our birth, we had been fighting wars against Native Americans. During the expansion splurge of the late 1800s—the annexation of the Philippines, Hawaii, and Puerto Rico—as well as our involvement in Central

see **GODARD** *on page 17*

from the editor's desk

A disclaimer on our very special edition of The Westfield Voice

Beloved readers: Happy April Fools' Day.

As you may have noticed, there is a photograph of former president Evan S. Dobelle on the cover of this week's edition of The Voice. We mean it all in good fun, yet we also find it heartwarming.

The picture was taken from Masslive and was not Photoshopped or doctored by any member of our publication. Yes, that photo actually exists. We're just as surprised as you are.

The goat's name is Hazy. Apparently, this mammalian smooch was the result of a pledge Evan S. Dobelle made to students raising money for the Make-A-Wish Foundation. When students raised over $1,200, Evan S. Dobelle tenderly embraced the five-year-old vertebrate at the Gran-Val Scoop in Granville, Mass.

It may seem as though we are mocking Evan S. Dobelle and his willingness to canoodle with cattle—but that is not the case.

Really, though, it's not our fault he kissed a goat.

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

arts & entertainment

FRIDAY, APRIL 1, 2016 MONIQUE DESNOYERS, EDITOR

quick hits

as of March 21, 2016

Top 10 Singles

Top 10 Singles
1. Work – Rihanna feat. Drake
2. Love Yourself – Justin Bieber
3. 7 Years – Lukas Graham
4. Stressed Out – twenty one pilots
5. My House – Flo Rida
6. Pillowtalk – Zayn
7. Me, Myself & I – G-Eazy x Bebe Rexha
8. Sorry – Justin Bieber
9. Cake By The Ocean – DNCE
10. Dangerous Woman – Ariana Grande

Top 5 Albums

1. ANTI – Rihanna
2. 25 – Adele
3. Purpose – Justin Bieber
4. Hymns – Joey + Rory
5. untitled unmastered. – Kendrick Lamar

Top 5 Movies

1. Zootopia
2. The Divergent Series: Allegiant
3. Miracles from Heaven
4. 10 Cloverfield Lane
5. Deadpool

Upcoming DVDs

1. Daddy's Home
2. Point Break
3. The Hunger Games: Mockingjay, Part 2
4. Terminus

"Batman v Superman: Dawn of Justice" Review

Iviannette Acevedo
Voice Contributor

Everyone who knows me knows I am a Batman fanatic, so no one was surprised when I bought my ticket for the IMAX Theater to see the new Batman movie a month in advance.

I walked into the theater with my Batman apparel: shirt, shoes, necklace, and even a cape because I am lame.

My family did not want to be seen with me because, according to them, I looked "ridiculous." My whole family is for Superman, so I am the odd one out. We took our seats, and I could barely control my excitement. Despite the bad reviews, I was looking forward to it.

The best part about the film was probably Wonder Woman, played by Gal Gadot. The way they introduce her leaves you wondering who she is. Some people thought it was Catwoman at first, but as the film goes on, you find out her true identity. Gadot does not get much screen time and, in turn, it leaves you wanting more of her.

Lex Luthor, played by Jesse Eisenberg, had a Heath-Ledger-Joker aspect to him in my opinion, which I was not expecting. I am not sure if it was intentional, but it caught me off guard. It was not unwelcome though; it deepened the heaviness and darkness of the film.

I will admit: Ben Affleck did some good acting. I was extremely worried about him ruining Batman, but he did an okay job fitting into his suit. I am nowhere near ready to say that he can fit my beloved hero, but judging by the cliffhanger at the end, that is not the last of Ben Affleck's Batman.

I was not too impressed with the storyline. It was mostly just Batman and Superman complaining about each other. The movie did not really catch my attention until the last hour. That is when I was eating my popcorn subconsciously and shaking my leg, something I do when I am anxious during a movie. That last hour was glorious to say the least. It was beautifully shot; and that is when the story really picked up.

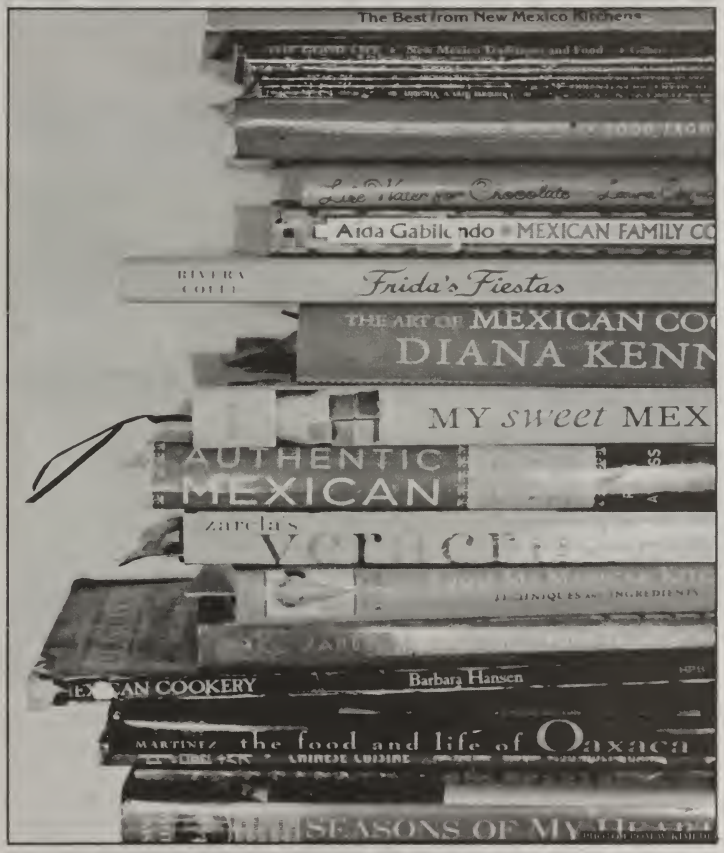
With that being said, "Batman v Superman: Dawn of Justice" is an okay movie. It offers a frankly mediocre Batman and a glum Superman. The only character who lightens the mood is the insane villain who blows people up.

The action scenes are nicely shot and the movement of the story at the end is what saves this film from be-

KNOWING TO COOK

A case for the cookbook

Ryan Cashman
Voice Columnist



I do not need to tell any of you that we live in the digital age. Everything we do is becoming more digitized with each passing year. You can accept it, as most do, or be like me and stubbornly cling to "the old ways." Food has become somewhat digitized as well.

Thankfully we have not yet reached a point where we download a file of food onto a flash drive and then download it into our stomachs. Oh no, we still use heat and wit and know how to make food, but the process of learning how to make a meal is changing.

Nowadays, we all surf the web for recipes and tips. Pinterest, that all-too-addicting website even I have fallen victim to, has become the main internet hub for new and creative recipes. The very first thing that appears on the search bar of a newly created Pinterest account is the word Recipes, so it is safe to say that it is a foodies best friend.

Still, despite the immediacy and availability of the internet, the cookbook — at least for me — is still the best way to find a recipe and learn how to make it.

Unlike a website, a cookbook is something you can hold in your hand, something you can get messy, and something that can be passed down from generation to generation and hold sentimental value to the owner. One of my favorite things to do when I am at home or even here on campus is to flip through cookbooks. Often, I am not even looking for any particular recipe or tip; I just do it because I enjoy it. I'm a strange person, I know.

Anyway, what makes a cookbook so different from an online recipe is simply that a cookbook is a physical object that is always reliable. Cookbooks are something you can return to time and time again. They are like old friends who always greet you with a smile and engage you in lively and entertaining conversation. Cookbooks maintain to this day a reputation as being encyclopedic, and unfortunately, often times they are.

The earliest cookbooks, dating as far back as the 4th century A.D., are merely a collection of ingredients and instructions on how to prepare the recipe. It was not really until 1931, when "The Joy of Cooking" by Irma Rombauer was published, that the cookbook as a household essential came into being. Of course, it was Julia Child's "Mastering the Art of French Cooking" that really turned the cookbook into a hot commodity.

It has become such a widely popularized text that we often forget that when "Mastering the Art of French Cooking" was published in 1961, food culture in America had not really expanded into the vast macrocosm of cultural identification that it is today; the book was a completely new way of looking at food. "Mastering" was not an en-

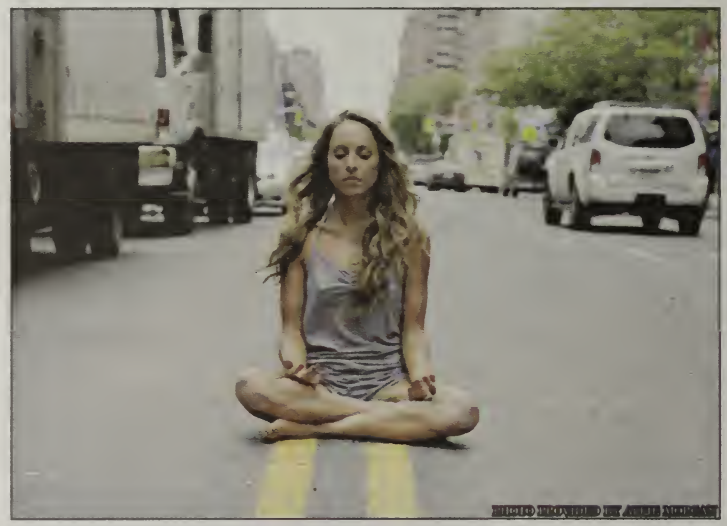
see **CASHMAN** *on page 17*

lifestyle, health & wellness

FRIDAY, APRIL 1, 2016

Is the stress of school getting to you?

Allie Morgan
Voice Contributor



I have this theory that all of my professors secretly meet up so they can schedule quizzes, exams, projects, and essays all on the same day. Just last Wednesday, I had two quizzes scheduled and two essays due. In just one day, my amount of schoolwork doubled and so did my stress. I did not know what to do first, and I had this gnawing feeling that I would never be able to get everything done in time, which only increased my stress level.

Is your mind running in circles? Are you finding it hard to relax and/or focus? Are you constantly worrying about everything? Is your mind racing? If you can relate to this overwhelming feeling, then I have a solution for you: meditation.

I know what some of you are thinking…

"I don't have time to meditate." Meditating for five to ten minutes between classes, before starting your homework, or even before you go to bed can help.

"I can't sit still for that long." You do not have to spend hours meditating. Sitting in one place for five uninterrupted minutes can make you feel more relaxed than you ever thought was possible.

"My mind chatters too much." That's okay; mine does too. This always frustrated me, but with practice you will learn how to pull your mind back in when it wanders.

"I have nowhere quiet or private to meditate." You can meditate anytime, anywhere: the Ely library, your bed, Stanley Park, or even on the green. As long as you can sit down, close your eyes, and block out any distractions, you can meditate anywhere.

"I am just going to fall asleep." Then do not lie down while you meditate. Sit on the floor or on a bench, focus on your breathing, and make sure you are sitting up straight. That way it will be impossible for your muscles to relax enough for you to fall asleep.

"Meditating does nothing." This statement could not be any further from the truth. Some of the many benefits meditation has to offer include the following: reducing stress, improving concentration and overall mood, relaxing the meditator, helping one do better in school, and teaching one how to control their mind.

We all know that being stressed is not the best feeling in the world. It is hard to get anything accomplished when you are in that state of mind. This is why meditation is so great. After sitting down mindlessly for five minutes, you will be able to see a huge improvement in your mood and ability to focus. All of that stress that you felt before will have disappeared; you will be clear-minded and ready to take on anything. Writing that paper or studying for your economics exam will no longer be an exhausting task. Once you start to see your grades improving, you too will be telling people how meditation has changed your life.

So how do you med-

See **MORGAN** on page 17

The Goddess Series:

A Three-Part Series to Help you Embrace your Vulnerability and Awaken your Inner Goddess

Jessica Gray
Voice Contributor

What is it about a modern-day goddess that we find so alluring? There is an energy coming from within her soul that manifests into the way she walks and holds herself. You feel a sense of calm in her presence, as if she is a safe harbor. There is a twinkle in her eye that seems to say, "I have a secret. Do you want to know what it is?"

There is a goddess in you. She is vulnerable. She is a juxtaposition of soft and strong that is a force to be reckoned with. She is an enchantress. In today's masculine-dominated world, her power has been dulled because it has been deemed weak. She holds the power of vulnerability. And vulnerability is beautiful.

Yoga and Vulnerability. If you are new to the philosophies of yoga like I am, you might wonder what vulnerability has to do with yoga. In the simplest way: everything. Authentic and mature vulnerability is conscious, and yoga is about bringing consciousness into everything you do. It is about becoming self-aware. Just like you become aware of your breath and mind when it wanders during yoga and meditation, when you embrace your vulnerability, you become aware of your feelings and the energy they create in your body.

Instead of looking at vulnerability as weakness, I invite you to look at your vulnerability as strength. Throughout this article, I will be giving you exercises that I hope you incorporate into the little moments of your everyday life to help you connect to your goddess through your vulnerability. I will also teach you to express yourself so that others feel drawn to you and not pushed away.

This invitation is not about airing your dirty laundry or appearing weak to get sympathy; that does not feel authentic. Yoga is about uncovering your authentic self. Vulnerability is sharing who you are underneath the façade. Do not allow yourself to get trapped in the notion that you have to remain positive at all times. Consciously allow yourself to feel your feelings—the good and the bad.

The Goddess Mindset. Right now, I am going to take you through the goddess's process and mindset when she embraces her vulnerability and explain how she expresses it. This might not make sense at first, but I will explain her process in more detail and give you exercises to help embrace your own vulnerability and embody the goddess.

A goddess embraces her authentic self. She is emotionally expressive, expressed through feelings rather than logic.

A goddess feels her feelings and does not judge them. She lets them flow and it is mesmerizing. She embraces her good feelings, like happiness, and consciously feels that energy inside her body. She also embraces her "ugly" feelings, like anger and jealousy, and consciously feels that energy flow through her body as well. She feels at peace because she honors these feelings and lets them pass through. She does not resist them or try to stuff them down, but rather she acknowledges them. She never

See **GRAY** on page 18

owls athletics

Friday, April 1, 2016 Michael Barry, Editor

UMass Boston Can't Fend Off Owls' Surges

Andrew McGill
Voice Reporter

The Westfield State Owls' baseball team overcame multiple three-run deficits in their win over the UMass Boston Beacons on Tuesday at Monan Park.

The Owls' Nate Barnes had the back-breaking two-run double, which put the cherry on top of Westfield's second rally, giving them the advantage in the 7-6 final.

Westfield found themselves down 3-0 entering the fifth inning when their offense came alive. After Connor Sheridan singled and advanced on a wild pitch with two outs, the Owls found a spark. A two-out rally ignited which helped the Owls bring three runs across the plate in the inning, tying it at 3-3.

UMass Boston was quick to answer, tacking on three runs in two innings on four hits. For the second time in the game, the Beacons had a three-run advantage.

In the seventh inning Westfield's bats came alive. The Owls quickly loaded the bases with nobody out. Danny DiMatteo's single to left field scored one run and kept the bases loaded.

After the Beacons walked another run in—bringing the Owls within one—Barnes doubled to left pushing across two runs, giving the Owls the 7-6 lead.

The Beacons threatened to tie late in the bottom of the ninth. With one out, UMB's Dave Murphy advanced a Beacons base runner to third, then advanced to second himself on the throw to third.

With two runners in scoring position and one out, Westfield's Tyler Tongue struck out the next two batters looking to close the game out in an exciting fashion.

It wasn't necessarily a pretty win for the Owls, who trailed multiple times throughout the game, but their offense stood out in clutch situations when they needed it most.

"I think it was a really good team win," said senior Connor Sheridan, "You know, you're down by multiple runs more than once, and you're able to come back each time? I think it shows that this team has a lot of fight in it and that we aren't going to lay down for anyone."

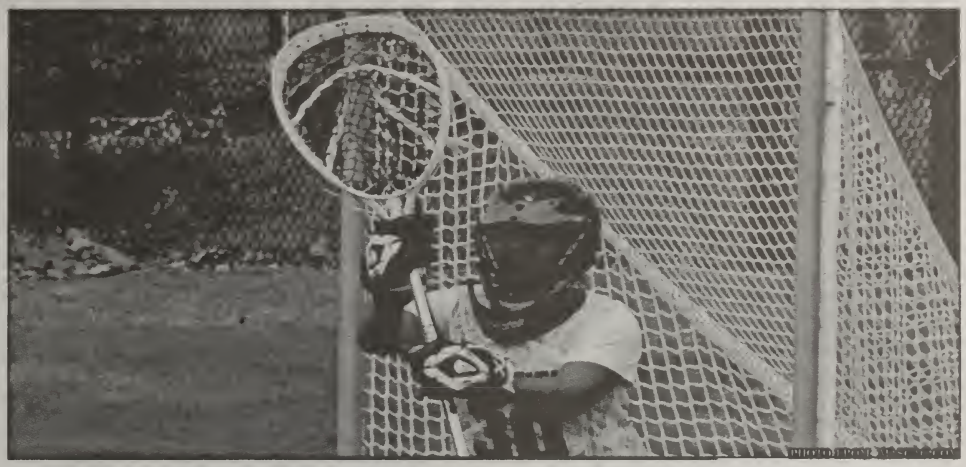
Freshman Brian Hollister officially came away as the winning pitcher, his first win as an Owl, after just pitching a little over one inning and striking out three batters.

Tyler Tongue registers his second save of the season for the Owls in a high-pressure situation, showing that he could be relied on in the future.

The Owls improve their record to 9-8 on the season. The Owls have a heavy schedule over the next week with three games in the next four days. On Wednesday, the Owls stay in Westfield and will take on Elms College—who has an overall record of 18-4. On Saturday, the Owls face Bridgewater State in doubleheader in their first MASCAC action of the season.

Senior goalie Mimi Khampaeng recieves MASCAC player of the week honors

Michael Barry
Sports Editor



This past week, Mimi Khampaeng, senior goalie of the Westfield State women's lacrosse team, received MASCAC player of the week honors. Khampaeng, a captain for the Owls, had a near-perfect week, which helped her earn her individual award. The team finished 3-0 on the week, beating Keene State, Lasell, and Nichols College.

Khampaeng gave up an average of 6.4 goals a game, recording 22 saves and posting a save percentage of 58 percent.

Khampaeng's lights-out play in net is one of the leading factors to the season Westfield have been having. After getting off to a slow start, the team is now on a four-game win streak, all of which have included fantastic performances from Khampaeng.

In the same week, freshman Alexa Tonelli also received an individual honor, being named MASCAC rookie of the week. Tonelli recorded six goals and two assists over the week, one of which included the game winner in Westfield's 9-8 victory over Lasell.

With both of their great individual play, Khampaeng and Tonelli are helping to turn the Owls' season around and continue the great run that they're currently on.

Owls hopeful after loss to UConn Huskies

Andrew McIntosh
Voice Reporter

This past Tuesday, the Westfield State Owls men's lacrosse team faced off against the University of Connecticut Huskies. The Owls fell to the Huskies by a score of 17¬-4. It was a tough loss, but the Huskies will be one of the best teams that the Owls face all year.

The team knew coming into the game that this would be one of the toughest games of the year, but they can only go up from here. Assistant coach Nick Kates was pleased with the how the team performed.

"They're a very tough team, ranked fifth in the nation. We played well early, but they just became too much to handle down the stretch. Now we're just focusing on our home opener against Framingham State Friday," Kates said.

Jake Sargent led the Owls with two goals and five ground balls on the offensive end of the field. Thomas DiCalogero and Timothy DeGrasse both scored a goal each. As for the man in the cage, Eric Thompson had 15 saves with a save percentage of 52 percent. Sean Moran saw some time as well, making four saves with a similar save percentage 57 percent.

The stats in this game do not reflect the kind of team the Owls are. Being tough is not a question for this team; it is more about being able to keep the ball on their offensive side of the field and not committing unnecessary penalties. Senior captain Matt Haley says the Owls beat themselves and got out of their rhythm.

"It was UConn. One of the better teams in the nation and they were extremely talented.

We beat ourselves with stupid penalties. A few quick goals in the second quarter took the wind out of our sails and that's when we started to fall apart. We are looking forward to our first divisional game against Framingham this Friday," said Haley.

Getting scored on quickly takes you out of your game plan. People start trying to improvise instead of sticking to what you practiced, and it puts the team in disarray. Limiting the time the Owls play on the defensive end needs to be a priority in the games to come. Making sure that the offense gets a chance to work their plays and rack up the shot total on their opponents is also going to be key in the games to follow.

Early in the season, division wins are very important when it comes time to think about the post season.

The Owls have their first divisional game against Framingham this Friday, and it is a perfect opportunity to get a win on their home turf.

Does Vesey have what it takes to skate with the Bruins?

Jack Corsi
Voice Reporter

The Bruins have five games left in this year's campaign, and somehow they may still miss out on the playoffs. So, you are probably saying, "Here comes another piece about the B's postseason push." I have no interest in that, but I do have interest in the Bruin news that broke yesterday.

Jimmy Vesey is a local kid who, for the past few years, played for Harvard. Vesey is out of North Reading, Massachusetts and played hockey for both Belmont Hill and the South Shore Kings before heading to Cambridge.

Vesey is a good-sized kid with the credentials to one day be a solid player in the NHL. The kid notched 24 goals and 22 assists last season as the captain for Harvard. Vesey was a piece that helped lead the Crimson to an NCAA tournament berth.

Now you may be saying, "Okay, this kid can play, but what does it all have to do with the Bruins?" Here is what they have in common.

Earlier this week, Vesey stated that he would test free agency and not sign with Nashville. The Predators drafted him in round 2 back in 2012, but had him stay in college for developmental reasons; however, now that Vesey wants no part of Nashville, and has told them he will be testing free agency, what is his number one destination? That's right: he wants to come to Boston.

It makes sense for the kid to come here. He is from around the area and knows that Boston is a hockey city. Now, he can change his mind and sign elsewhere, but all signs point to Boston this summer.

If the B's do get Vesey, that is just another established player to add to the ranks. If they are smart, Vesey should start in Providence next season, hopefully with some of last season's draft picks.

This news spurs the draft interest a bit more. With this potential signing, Don Sweeney might be looking at a deal of draft picks or maybe even packaging these picks for an established defenseman like Justin Faulk from Carolina.

The Bruins have a pick from the San Jose Sharks as well as their own, but those picks could be in the late teens to mid-twenties. I cannot see a team passing up multiple picks for defensemen, especially Carolina.

For now, we have a major name from the NCAA linked to next years Bruins team. Hopefully they throw him on one of the top lines in Providence with Accari or some of the new faces, but Vesey coming to Boston could be the steal of the rookie offseason. A kid from Boston playing for the hometown club; have you ever heard of such a thing?

From MORGAN *page 10*

-itate? Here is a quick five-minute practice.

Pick your place. My favorite place to meditate is in my dorm room, while my roommates are in class. It is quiet, and I feel like I can focus better when I am alone.

Pick your position. You can lie down or sit cross-legged. In my opinion, it is hard to lie down because I feel my mind completely shut off as I begin to fall asleep; therefore, I sit with my legs crossed on my floor.

Get comfortable. Once you have figured out which position is best for you, close your eyes and begin to take deep breaths. Get your breathing into a rhythm; breathe in through your nose and out through your mouth. You will begin to feel your body relax with each exhalation.

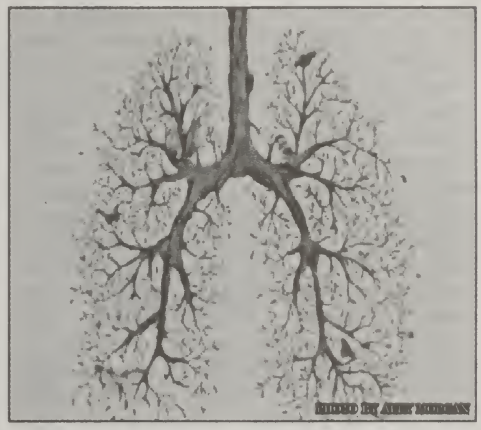
Be here. This is the most important part of meditation, and it takes a lot of time and dedication to improve. Getting your mind to fully stop is a seemingly impossible task. I struggled with this in the beginning of my practice, but once I discovered the proper way to take a deep breath, I soon learned how to control my mind.

One trick I use is to think "be" when I inhale, and "here" when I exhale. This helps me to focus my mind.

The next trick is to get all of the air out of your lungs. When you feel like it is all out, exhale a little bit more so you make a Darth Vader-like noise. This small technique is what helps me pull my mind back in when it wanders off.

Relax and enjoy. Continue to sit there and take deep breaths. When you have complete control over your mind, both your mind and body will start to relax. In her article "Feeling Midsemester Stress? Tips For Calming Anxiety" Beth Berila says, "Deep belly breathing can itself be calming, because when we are anxious, our breath is often shallow and erratic. So deepening our breath into a three-part breath (belly, lungs, upper torso) can help."

Once you have relaxed, you will notice that you are no longer stressed.



From SPAKAUSKAS *page 10*

response to the network constantly asking Storlazzi to log back in.

With his experience and multitude of ideas, the general consensus seemed to be that we do want him to join us. What Storlazzi wants is for us to join him to work towards sustainability for the world, or else rising sea levels will engulf us all.

His calm but urgent tone captured the audience for an hour.

Storlazzi ended his speech with the Marshallese phrase "kommol tata," otherwise known as thank you.

From CASHMAN *page 10*

cyclopedia. It had its own personality and, with the added bonus of "The French Chef" television series propelling Julia Child into superstardom, brought fine cooking into the kitchen of the everyday American.

Over the last 50 years, cookbooks have become an industry all their own. They are extremely profitable and people love to have them. I have bought twelve in the past four years and have used them with varying degrees of success. Not all cookbooks are good, of course.

I advise running away from any cookbook that has the Food Network label in the bottom right corner, but that is coming from someone raised on PBS cooking shows.

My life would have gone in a much different direction if my mother was not such a foodie herself.

We have three shelves in our kitchen devoted to cookbooks and food magazines, which are another fun way to learn about food culture and get recipes. Any food lover ought to own at least one cookbook. It starts with one, but soon it becomes a library.

Every time I enter Barnes and Noble or Raven Used Books in Northampton, I rush to the area designated for cookbooks to see if there are any new publications and to stare longingly at the ones I so desire but do not have the funds for.

Therein lays the main problem: why buy a $40 cookbook when I can find the same recipe on the internet absolutely free?

Here's my answer: if you love food — really love food — you will understand.

As always: buona tavola é mangiare bene!

Do you write papers and essays for class?

Do you write in any form? Most likely social media?

Are your open letters just not open enough?

The you should write for The Westfield Voice!

Do it!

from GRAY *on page 13*

pretends that she does not feel an emotion.

A goddess does one more thing, which is the secret to the twinkle in her eye: she responds to her emotions in love by way of forgiving. She does not shut down. In fact, she opens up her heart and soul even farther to receive love. It is with this openness that she loves the universe and she makes love to the cosmos.

And how does she speak to herself and others? She uses "I feel" statements. As she goes through her day, she is always in tune with her emotions. She is always checking in with herself and her feelings; she always has an awareness of them.

One thing that I believe is important to differentiate between is experiencing your feelings and grasping them. A goddess never grasps an emotion.

In "The Science of the Soul," Osho says that sometimes emotions come on very strongly and that you can forget yourself completely in them, but then they pass.

When you grasp an emotion, you get stuck in it and begin to think that you will always feel that way. Completely forgetting yourself in the emotion is grasping it. Instead, practice becoming conscious of your emotions, even the ones that feel uncomfortable, and lean into them. Become aware of the energy that flows through your body and speak the feelings to yourself. The invisible armor that was guarding your heart and soul will drop; you will feel a sense of relief and notice others responding more positively to you. When you respond to your feelings in love, you begin to respond to the universe and others around you in love as well. Your energy will feel so good to be around. I will explain this concept in more detail as you read this series.

Embracing your Authentic Self. Vulnerability is the courage to embrace your authentic self. It is going from being inside your head (logic) to inside your body (emotions). It is a complete body and soul experience, and it is anything but weak.

In my opinion, vulnerability is often and wrongly used in place of the word susceptible—susceptible to being taken advantage of and susceptible to being preyed upon. I do not blame you one iota for wanting to feel impenetrable or safe in every situation, but this guard against your heart and your body is a block from unveiling your inner twinkle and your authentic self.

Authentic strength is when you are aware of your feelings and you lean into them, good or bad. You do not resist them. The strong and most fulfilled person is the one who can be emotionally expressive, not the one who refuses to let their feelings show.

Exercise 1: As you go about your day, I invite you to bring your attention to your authentic feelings. We do this anyway, but I want you to begin to feel comfortable doing this consciously.

Ask yourself these two questions: How am I feeling at this moment and where can I feel this in my body?

Say in your mind "I feel angry, I feel excited, I feel jealous, I feel joyful," etc.

Then begin to notice where you feel the emotion in your body. For example, if you are feeling happy, you might feel the energy flowing through your arms. If you are feeling sad, you might feel the energy in the back of your throat. The most important part of this exercise is that you become comfortable with feeling uncomfortable. Even if you do not like your feeling, allow it to come into your consciousness without judgment; feel it in your body.

A goddess never misses a chance to check in with how her heart and body are feeling. It is like a new realm for her to discover. It is also important to note that in those practices, a goddess does not react.

This practice takes place in your mind. In this first exercise, I want you to begin to feel aware of your feelings and to know that it is okay to feel them, no matter how ugly they are. Again, this is your authentic self.

I felt reluctant when I first began admitting my true feelings to myself. They felt dangerous, and at times, I would feel ashamed that I felt a certain way. Through my practice, however, I have learned that emotions themselves are not dangerous; it is the reactions that make them feel dangerous.

What does this have to do with vulnerability? Our feelings are hard to feel. It takes courage to let them in. The "bad" ones are hard because we do not want to feel them. No one likes feeling jealous or angry or upset.

On the other hand, it is hard to feel good emotions because we are scared that it will not last. At least that is what I used to feel. As you open up to your own vulnerability, this exercise will become easily and eventually feel natural. Remember, a goddess who is in tune with her feelings is a force to be reckoned with.

Practice exercise 1 this week. Next week, I will teach you goddesses how to express your feelings to yourself and to others. Until then: feel good, feel uncomfortable, and just feel.

Interested in writing for our new lifestyle, health & wellness section? Email the editors at thevoice@westfield.ma.edu and help us pioneer this versatile installment.

Games & Leisure

4				1	3			
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6			1				8	
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Goat

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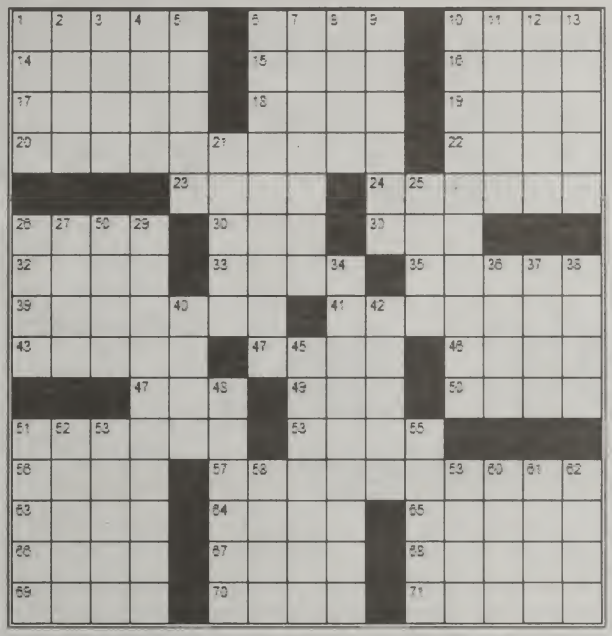
GOAT	HUSBANDRY
DOMESTIC	ANGORA
HORNS	MOUNTAIN
RUMINANT	PYGMY
STOMACH	LIVESTOCK
DIARY	KID
BROWSE	DOE
AGRICULTURE	HOOF
MILK	CLOVEN



ACROSS

1. Hillocks
6. Hats
10. Visage
14. Grant
15. Competent
16. French for "State"
17. Tropical vine
18. Snare
19. Ogive
20. Restriction
22. Liturgy
23. Grasped
24. Cream-filled pastry
26. A Maori club
30. Pig
31. Foot digit
32. So be it
33. Anagram of "Sage"
35. Small islands
39. Undress
41. Devour
43. Filled to excess
44. Harvest
46. Reclined
47. 54 in Roman numerals
49. 16 in Roman numerals
50. Mongol hut
51. Third sign of the zodiac
54. Confined
56. Dwarf buffalo
57. Tending to vanish like vapor
63. Give the cold shoulder
64. Annex
65. Zeal
66. Tug
67. Being
68. Audio communications
69. On the left or right
70. Marsh plant
71. Epee or saber

DOWN

1. After-bath powder
2. Hodgepodge
3. Custard dessert
4. A large amount
5. A path or strip
6. Librarian
7. Condense
8. Scheme
9. 7 member group
10. In a brave manner
11. Courtyards
12. Desert plants
13. Aromatic solvent
21. Rehabilitation
25. Metal money
26. Cushions or mats
27. Dogfish
28. Exam
29. Undependable
34. Salvaged
36. Hawaiian feast
37. Arab chieftain
38. Dispatched
40. Norse god 42. Express a thought
45. Scope
48. Spectator
51. Pants
52. Boredom
53. Mildew (British spelling)
55. Russian emperors
58. Workbench attachment
59. A pouch in some birds
60. Cocoyam
61. French for "Black"
62. Stepped54. Container weight

Maze

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
4/1	7am	Senior Class Registration	MyWestfield
4/2	12pm	Baseball v. Bridgewater State	Alumni Field
4/2	12pm	Softball v. Bridgewater State	Alumni Field
4/2		National Fall Out Of A Tree Day	
4/2	7:30pm	Musical Theatre Workshop Presents: Heart & Music	Dever Stage
4/3	5pm	Senior Performance Recital, Patrice Metcalf, Soprano	Dever Stage
4/4	10am	Vendor: Customized Charm Bracelets	Ely Lobby
4/4	12:30pm	Catherine Dower Recital Series	Dever Stage
4/5	1pm	The Golden Rain—Gallery Talk	Arno Maris Gallery
4/5	1pm	Open Academic Skills and Grammar Workshop	Banacos Center
4/5	3:30pm	Softball v. Smith College	Alumni Field
4/5	4pm	Food Committee	Tekoa Room
4/5	6:30pm	The Paytons of Westfield	University Hall Lobby
4/6	11:30am	Commuter Lunch—Hosted by Career Services FREE!!!	Tekoa Room DC
4/6	4pm	Baseball v. Williams College	Alumni Field
4/6		National Bring Your Frog to Class Day	
4/6	4:30pm	Coming Out Muslim Workshop: Making the Invisible Visible	Scanlon Banquet Hall
4/6	7:30pm	Coming Out Muslim: Radical Acts of Love	Scanlon Banquet Hall
4/7	4:30pm	The Golden Rain—Reception	Arno Maris Gallery
4/8	7am	Junior Class Registration	MyWestfield
4/8	3:30pm	Yoga with Kathy Niedzielski	Ely Fitness Center
4/8	7pm	Intervarsity Christian Group	University Hall 3rd Floor

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mhalloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, APRIL 8, 2016

westfieldvoice.com
@westfieldvoice

#SaveTheGlobe Succeeds!

A new globe to be installed before Commencement

Nicholas Sarnelli
Editor-in-Chief

It was Sunday, February 1, 2015—a cold-but-not-frigid evening. Many Westfield State students were busy watching the SuperBowl, which left the Ely library nearly deserted. It was just quiet enough for Justin Connolly to work furiously and uninterrupted on his mountains of schoolwork.

He had been working diligently in the library for the better part of the evening, choosing not to watch the Patriots vs. the Seahawks with everyone else. He thought the solitude of the library would provide an environment free of disturbances.

And he was right, until there was one on the campus green.

Around 11 p.m., Justin began to hear loud, howling voices from people outside. His concentration was shattered, and he looked up from his computer like a mere cat. There must have been a mass of them—how many, he could not tell from his seat. But the shouts were getting progressively louder, as if others were joining in. Justin began to notice that the noises were forming something repetitive: a chant.

He strained himself to hear.

"Tear it down!"

"Tear it down!"

What could it be? He had a feeling, but he hoped he was wrong. Regardless, he had to see for himself.

Pictured above is an example of what the new globe that will be installed before commencement will look like.

Justin rose from his seat and strode across the black and gray carpet. He reached the tall windows of the Ely library—the ones that overlook the campus green—just in time to see the climax of the riot. Innumerable students were gathered around the globe, the campus-wide landmark that stood for much more than a symbol of internationality.

Students were rioting around the structure. Chanting. Cheering. Celebrating. The New England Patriots had won the SuperBowl, apparently. Students were hanging off the sides of the globe. Some hopped over the barrier and climbed inside—occupying the core of the earth.

As the riot ensued, students began pulling at the globe more aggressively. When it finally broke from its pedestal, the youth in revolt erupted in chants for the Patriots and America in general, reveling in their apparent triumph.

From the other side of the glass, Justin helplessly watched the globe break from its hinges and swivel off its pedestal.

In that moment, Justin Connolly watched the world come down.

See ***SARNELLI*** on page 2

In this week's issue

Campus pages 1-6
SGA
Relocation of President's office
Press Releases

Op-Ed pages 8-9
Editorial
A Letter to the Editor

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'Knowing to Cook'

Lifestyle pages 12-14
Outsmarting Your Smartphone
Surviving College Without Getting Sick
The Goddess Series

Sports pages 16-18
Men's Lacrosse
Women's Lacrosse
Men's Baseball

The objective student press of Westfield State University

VOLUME VII, ISSUE XX

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FRIDAY, APRIL 8, 2016

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE

The health communications masters program has been suspended pending revisions to the department. Everyone currently enrolled in the program will be grandfathered in and receive their degree from the university. In addition, Tufts University has decided not to renew its contract with Emerson for this specific program come October 2016 due to this suspension.

The New Hampshire,
U. OF NEW HAMPSHIRE

An electric scooter rental system, similar to the bicycle rental systems that have been frequenting other universities, has been proposed with Durham and its neighboring towns. Should the program be implemented. UNH students would be able to sign up for daily, weekly, monthly, or yearly memberships.

The Daily Collegian
U. OF MASS AMHERST

The new Integrated Design Building will be the largest installation of wood-concrete composite floors in North America and has an estimated cost of $52 million. Due to its structure and building materials, the building will not only be sustainable, but also environmentally friendly and energy efficient.

The Washington Square News,
NEW YORK UNIVERSITY

For fifth year in a row, New York University has broken its record for number of applicants. For the 2016-2017 academic year, NYU accepted 35 percent of its almost 43,000 applicants, which is a two percent increase from last year. Thirty one percent of Early Decision applicants were accepted.

from SARNELLI on page 1

The riot ensued for about 30 minutes before Public Safety began to step in. The mob quickly dispersed, leaving a jumble of broken beer bottles, garbage, and a now-bent-out-of-shape replica of the planet on the campus green.

Of course, these students' actions would not go unnoticed.

Administration was upset. In fact, most of the campus community was upset.

The next day, Justin received an email from at-the-time interim president of Westfield State Dr. Elizabeth Preston that was sent campus-wide. In her message, Dr. Preston expressed her disappointment in those who reinvented the concept of celebration. She implored students to come together—to do something about it. Students caused the devastation, surely they could remedy it. Surely they could make something happen.

As an active member of the Student Government Association, Justin felt that it was his duty to help the problem in any way he could.

He was sad to see it happen. That globe meant something to him. To others. To the people who spent their years at WSU. To the Westfield alum who proposed to his girlfriend, another alum, in front of the globe. To the people who took a picture

in front of the globe when they first decided to make Westfield State their new home-away-from-home.

Rioters didn't realize—or failed to consider—that the globe was much more than a piece of metal.

It was a gift. It was a landmark. It was a marketing material.

Although students regard him with disdain, former president Evan S. Dobelle displayed the globe outside to emphasize his vision to make Westfield State a global institution.

That same afternoon, Justin went into the SGA room with a heavy heart and President Liz Preston's email on mind. He began talking to other senators of the SGA with whom he was close. These members, Dave Langlois, Meg Lucier, and Tori Landry, echoed Justin's disappointment as well as his aspiration to remedy the situation.

After they got to talking, Justin, Dave, Meg, and Tori came up with the twitter hashtag #SaveTheGlobe. It was simple. It was brilliant.

It would trend.

The Initiators were all members of the SGA, and each meeting the senate has a portion for announcements. Even more brilliant: they would use the SGA as their mouthpiece.

With the name of their group established and their self-promotion underway, it was time to seek out funding for a new globe.

These four communication majors eventually came up with the idea for #SaveTheGlobe's first fundraising event. Since they had access to the resources in both the communication department and the TV Club's technology, they decided to hold a campus-wide Mario Kart tournament. To capture students' attention, the Initiators had the idea to broadcast the tournament on large screens throughout the third floor of Ely Campus Center. They even had commentators for the myriad races that took place. Ultimately, the #SaveTheGlobe committee raised about $500 on their very first event.

It was immensely successful, but with the goal of $15 thousand in mind, Justin and the other three Initiators were nowhere near being able to fund a new globe.

No, the #SaveTheGlobe committee needed more.

They began reaching out to alumni, asking those who may have shared their sentiment with the globe as a totem. An icon. A symbol.

But assistance from alumni wouldn't come—not at first.

In addition, the Initiators wanted to have the new globe constructed by a coalition of local artists. Who better to create such a worthwhile masterpiece? Where else would they come across a giant

from **SARNELLI** on page 2

globe?

In the meantime, they needed something. Tori, Dave, and Meg were all seniors. They were all to graduate in May 2015; they had started this movement, and though they knew they weren't going to be able to see it through, they couldn't abandon it. They had invested, financially, emotionally, spiritually.

That spirit would not die. They were going to reach students one-on-one.

They decided to dorm-storm.

Dorm storming is a tactic that many class councils and hall councils use to raise money for a specific cause, whether it be for a class's funds or a residence hall. Basically, members from whichever group is fundraising infiltrate each residence hall, knock on doors, briefly explain their cause, and ask for money. Oftentimes, councils are able to acquire a helpful amount of money through dorm storming, especially when the process is repeated.

Most of what comes in through dorm storming is loose change--we're college students, after all. It takes a while to count, and it's hard to tell whether contributors are throwing in handfuls of quarters or handfuls of pennies. The same goes for the Initiators' other tactic: pass the hat.

At different events, #SaveTheGlobe passed around a hat or some sort of collection device to obtain even more donations for their cause. In combination with the dorm-storm funds, Justin thought it seemed as though it might be a substantial contribution to the preexisting $500 from Mario Kart.

How substantial, though, Justin had no idea. The semester was coming to an end, and final exams became the Initiators' main focus.

When the Spring 2015 semester ended, Tori Landry, Meg Lucier, and Dave Langlois graduated and Justin returned home to Walpole, Mass. for his final summer break.

Over the course of Summer 2015, Justin had very little contact with the University. When he came back to Westfield in August, Justin became the sole member of #SaveTheGlobe. This massive project fell into his lap, and on top of holding a position as student trustee, Justin thought he was in for an immeasurably busy academic year.

Fortunately for him, though, as the classes seized for the year, the alumni donations did not. Former students of the University contributed so thoroughly to the cause that Justin returned to about $10 thousand in the fund.

He was only $5,000 off with an entire academic year before commencement.

But Justin was still the only remaining Initiator, and that in and of itself is daunting.

He kept his spirits high, though—but that isn't very difficult for Justin to do considering his spirits are almost always at a steady bumble. Yet he admitted that it would have been more difficult without the momentum of the previous semester and the positive changes coming to the University with Ramon Torrecilha's appointment as President of WSU.

In fact, the only time in which Justin's ambition for the project fell down to a simmer was when he discovered how much it would actually cost to fund artists' materials and the transportation and installment of the finished project.

With the various legal negotiations and RFPs for artist, the new globe would exceed the estimated $15 thousand goal.

Perhaps exceed is an understatement.

Given all of the estimated costs, Justin and those assisting his project predicted that the expenditure might cost anywhere between $100 thousand and $300 thousand.

It was simply undoable—especially not if he hoped to have a new globe installed before Commencement 2016.

It was then that the thought came to him: why not just buy a globe? Was it a possibility?

After some research, Justin discovered a company out of Chicago called Giant Globes Inc. GGI is a company that manufactures large globe statues. Who knew?

Purchasing a globe from GGI would be within #SaveTheGlobe's budget. If the Class of 2016 wanted a globe before they graduate in May, this was the only option. After consulting with the company, Justin discovered that the new globe would be seven feet tall. In addition, it would be suitable for the outdoors, unlike the former globe that was never meant to be exposed to the elements. The now-destroyed globe was a gift from Stanhome Family & Products, the former owners of the building that is now the Horace Mann Center. It was never meant to be outside. Also, it was never meant to include Australia, either. Stanhome Family & Products put a continent on the globe to represent each continent in which the company had an office location—they did not have an office in Australia.

When the globe was first donated to Westfield State, it was placed in the Ely Campus Center prior to its renovations in 2012-2013. Former president Evan S. Dobelle placed it on the campus green, partly to symbolize his vision of making WSU a more global institution.

That globe wasn't fit to be outside—but the new globe will be. The new globe's materials will not rust in the harsh New England winters, and the hinges at the base will be much stronger. The achievement of #SaveTheGlobe will stand the tests of both time and nature.

It will be installed before Commencement 2016, and those graduating in May will be able to gaze at the institutional emblem once again before they exit the homely humble campus community of Westfield State University.

Do you like to write?

Are you writing for class anyway?

Why not share your hard work?

Contact Nick and Gina at thevoice@westfield.ma.edu

and join our ranks as a Voice Contributor

Potential Presidential Office changes to affect Westfield State campus

Jacob Lotter
Voice Contributor

PHOTO PROVIDED BY, LATESIO.BLOGSPOT.COM

With the first semester of Dr. Ramon Torrecilha's term as Westfield State University President coming to a close, his influence on campus has not gone unnoticed. From selfies with various students and staff members, to traveling to meet with of Alumni groups and sports teams, Torrecilha has been making an honest and concerted effort to acquaint himself with our humble campus.

Some may argue, though, that the distance between the Horace Mann Center—where Torrecilha's office is currently situated—and our main campus could, unfortunately, hinder Torrecilha's potential growth as president.

"I would like for the President's office to be in the library. Libraries are important, and you all spend some time in the library. That's the closest I can get to you. I can't be in your classrooms, but I could be in the library," Torrecilha said at the Feb. 23 meeting of the Student Government Association.

This potential move to the main campus would come with many changes for the current layout as we know it, particularly in the library. Though it is hard to determine exactly where Dr. Torrecilha would like to see his future office, there have been many speculations.

Some early rumors involved a move to the sixth floor of the stacks. The sixth floor currently houses the Ely Library archives, as well as the offices of many library employees, including Assistant Library Director Carolyn Clini. When approached about the potential move, Clini pointed out that a move to the sixth floor would likely be costly due to the need for moving the temperature-controlled area that houses the library's archive collection.

Further speculation indicates that the potential move could be to the fifth floor of the stacks. At the current time, the fifth floor is home to several of the library's important collections, including science, medicine, and technology. A potential move to the fifth floor would mean either moving those books or simply condensing the library's collection from five floors to four.

Clini stated that though the task of weeding the collection to include only enough material for four floors would be tedious, it is absolutely feasible. Other library employees also expressed concern for the workload that the move would entail, but agreed that the cause was important.

"I think it's certainly an interesting idea and very important that the President be able to integrate his office into the main campus if that's something he hopes to do," said Library Assistant Heather Dunfee.

Though many support the idea of Dr. Torrecilha and his staff occupying a more central space on campus, WSU students have also expressed concerns.

"I like the fact that [Torrecilha] wants to be on campus, but I don't think the library is the right place. I think that if I saw the president in the library, I would be distracted from my studies rather than be focused, which is the main purpose of using the library," said student Maddie Creamer.

In addition to these concerns, there is the issue of the already-limited study space available in the current library set-up. Unfortunately, the library lacks the space needed to comfortably accommodate the various students who use it daily to work, offering only about 20 tables and averaging four seats per table for a campus of over 5,500 students.

The availability of student study areas is also expected to diminish with the recent announcement of the new Center for Undergraduate Research and Creative Work. At the current time, the Center's proposed location is expected to be in the mezzanine level of the library, where about nine study tables are currently stationed. With the library quickly becoming the hub of so many activities other than studying, it is easy to understand student concern.

When reviewing the many different ways the campus community could be influenced by Dr. Torrecilha's move to campus, any student can notice that the positives and negatives seem to be equal. President Torrecilha's move to campus would certainly have a positive impact; however, concerns about space and distractions make it believable to foresee negative repercussions as well. Undoubtedly, it will be interesting to see what the ultimate decision is.

MassPIRG stays, Active Minds in need of volunteers

Nicholas Sarnelli
Editor-in-Chief

Sandra Mercer
Head Copy Editor

PHOTO TAKEN BY GUTANLEY GAMBIS

On Tuesday, April 5, 2106, the Student Government Association held their first meeting of the month. To begin, Madam President Evelyn Dina made the president's address. Dina explained that she, along with senior class president and parliamentarian Ryan Losco, met with President Dr. Ramon Torrecilha to compromise on changes that would be made to commencement involving who would announce graduates' names as they walk to receive their diploma. Afterward, they sent an email to the campus community.

Essentially, fewer faculty members will read graduates' names. Each department's graduates will not be exclusively represented by a member of that respective department.

"The decision to limit the faculty members who announce names at commencement was discussed to improve both the consistency and clarity of the ceremony," Dina and Losco said. The email then went on to clarify that this decision was not made in hopes of shortening the run-time of commencement.

In the email, Dina and Losco stated, "Once a student receives their diploma cover and is greeted by President Torrecilha, the faculty chair or representative from each department will also offer their congratulations as each student departs from the ramp to return to their seat."

The email also went on to explain the rational behind the compromise.

"This will allow students to share this special moment with their faculty, as well as ensure the consistent and clear reading of each student's name," Dina and Losco said.

In the SGA meeting itself, Dina expressed her support on the matter.

"I truly believe this is a fair compromise," Dina said.

President Torrecilha, who was also briefly present at the meeting, spoke to the SGA and reminded senators about his 60 minutes with the President event. He also said that though it is not officially decided, he is thinking that Pancakes with the President will be on May 4.

The largest portion of the meeting encompassed the MassPIRG Referendum Vote that takes place every two years.

MassPIRG is a statewide, grassroots, non-partisan, student-funded organization dedicated to campaigning for social change on the federal, state, and local level, especially on-campus where they also affect change.

In the past, MassPIRG assisted in creating and implementing the 1981 Bottle Bill and the 1983 Lemon Law, as well as campaigning for affordable higher education and increasing the number of registered voters.

See **MERCER** *and* **SARNELLI** *on page 7*

Do you like to write?

Are you interested in following student government?

Contact Nick and Gina at thevoice@westfield.ma.edu

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Horoscopes

May the stars be ever in your favor...

Aries
(March 21 – April 19):
Rome wasn't built in a day, but it would take you about an hour to sort out your petty problems.

Taurus
(April 21 – May 21):
Take extreme caution, Taurus. Hardships await you sometime over the next nine years.

Gemini
(May 22 – June 21):
That fatigue chic clothing style can only get you so far in the workplace.

Cancer
(June 23 – July 22):
The stars deem Gail's Guidance the most enlightened advice column in all the land.

Leo
(July 23 – August 23):
I know that you've been having gut feelings about that life-changing decision you need to make, but that's just indigestion from too much DC food. Go take a Tum.

Virgo
(August 24 – September 22):
Your innate charisma and Liberal Arts degree will only get you so far.

Libra
(September 23 – October 22):
The stars are reporting that great minds think alike. Unfortunately, no one ever agrees with you.

Scorpio
(October 23 – November 21):
Excuse my French, but soyez prudent tout en marchant la nuit.

Sagittarius
(November 22 – December 21):
Your soul mate is out there, Sagittarius. However, he or she is a Taurus. My deepest condolences...

Capricorn
(December 22 – January 19):
You have been craving change in your life. The stars suggest quitting your job, selling your home, and pursuing your dream of being a clown trainer.

Aquarius
(January 20 – February 18):
Talk less, smile more...

Pisces
(February 19 – March 20):
N/A

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from **MERCER** *and* **SARNELLI** *on page 3*

They are funded entirely by the waivable fee of $9 per semester. This fee allocated within their budget in the following ways: 50 percent to staff salary; 34 perfect for the Central PIRG staff; 24 percent in operating fees; and two percent in U.S. PIRG dues, the federal chapter.

The Westfield State chapter of MassPIRG itself has registered about 1,000 voters at the University within the past four years with their new voter campaign. In addition, the chapter eliminated all plastic bags on campus and replaced them with paper bags.

Their main focus this year is the New Voters Project. Because of the upcoming election, this project will focus registering more students on campus so they can vote here in Westfield or through an absentee ballot.

In this week's meeting, the SGA would vote on whether the optional semesterly fee of $9 would remain on the student bill as an opt-out rather than an opt-in. If it was changed to an opt-in, MassPIRG would lose a significant amount of funding and would not be able to sustain itself on campus, Dina said.

Ryan Losco moved to make the vote a roll-call vote so present senators would be able to vote individually on behalf of their constituents. They motion carried unanimously.

As a result of the roll call, 52 senators voted in favor of keeping the optional fee as is, and 11 voted against keeping the fee as an opt-out rather than an opt-in. Among the votes against, two were abstentions.

Ultimately, MassPIRG stays for another two years.

Moving forward in the meeting, President Dina announced that the facilities and operations day, formerly known as maintainer appreciation day, would be a breakfast event on Friday, April 8 from 9-10 a.m. Dina affirmed that all students are welcome to the event.

Dina went on to announce that Active Minds is in need of at least 20 volunteers for the Out of the Darkness walk, an event that raises funds that go toward raising awareness for suicide and increasing resources for suicide prevention.

Next, Vice President of Programming Haley Batchelder gave her report, in which she clarified a misunderstanding about the recently publicized "petting zoo" event on the Friday of SpringFest. Batchelder explained that the event is actually a travelling zoo, and while students may have the opportunity to engage with and pet the animals, the event is mostly educationally based, and the animals are not actually part of a petting zoo but rather Forest Park Zoo in Springfield.

The next meeting of the Student Government Association will be April 12 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

opinions & editorials

Friday, April 8, 2016 Nathan Godard, Editor

Intelligence vs. Knowledge

Nathan Godard
Op-Ed Editor

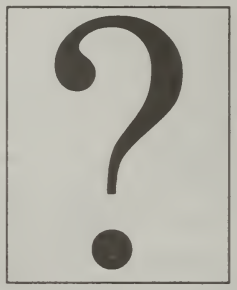
Intelligence, as defined by Merriam-Webster Dictionary, is "the ability to learn or understand things or to deal with new or difficult situations." Psychologists define intelligence according to their field of study; however, it mirrors Merriam-Webster's Dictionary definition very much. According to "Psychology Today," they tentatively define intelligence as a "construct that includes problem solving abilities, spatial manipulation, and language acquisition." In both definitions, being able to take action in real world situations while using the tools at your disposal is an indicator of intelligence.

They say knowledge is power; however, knowledge can take many forms. It is not enough to have a list of facts stored away if you do not have the tools to apply these facts to real life situations.

According to Merriam-Webster, knowledge refers to "information, understanding, or skill that you get from experience or education." Now, it is simple to "know" something. You have the concept stored away in your moment ready to be recalled at any moment; however, if you cannot apply it or you do not possess the understanding of its relation to other things, what exactly is the point?

Humans are an intelligent species; we have created wonders, and we have created abominations. But I caution you to wonder what we are emphasizing in our schools: knowledge or intelligence?

Standardized tests are the state's way of measuring the progress and achievement of students and schools; however, do they truly represent the understanding of the presented material? Perhaps, to an extent, but these tests rely on the memorization of facts and concepts that subsequent to the test, the student will forget. Standardized tests are built for students to regurgitate information to prove to the state and federal governments that they learned something, and that the school was doing its job. Some classes are almost entirely focused on test preparation for standardized tests, whether that is for the recently vanquished MCAS, or the latest failure: the PARCC. These



tests do not in any way represent the students' intelligence; rather, it measures the students' ability to memorize information, which does not guarantee an understanding of the material or the students' test taking skills, skills that will not be used again outside of the academic world.

Now, measuring intelligence is not simple. One must have a set definition of the term intelligence first. I define it just as the Merriam-Webster dictionary and psychologists do: as the capacity for an individual to adapt to unfamiliar circumstances with the tools at their disposal. I believe that this should be the cornerstone in which we build our assessments for students. The assessments we give our children should test their intelligence, by the use of projects, essays, and creative activities: effectively applying the material to a real world issue or situation.

The issue is that there is no manner in which one may be able to accurately quantify an individual's intelligence. Because there are so many variables to intelligence, we can only assess the manner in which the students applied the material in a situation that they have never been in before. These are important skills, skills that students would use for the rest of their life.

Why aren't we doing this?

Internships are where students apply the material taught to them in school to real world situations, and have interactive discussions about philosophy, politics, psychology, etc. These are things that I believe high schools should be doing. Granted, some high schools do, but only in small portions due to the demands of curriculum by standardized tests.

There is a rise in anti-intellectualism and the demand for data to measure student progress, resulting in standardized testing in various forms. Teachers cram information into units that are built to mirror the test; the teacher's curriculum is strangled with an iron fist to cover all of the important information and nothing more.

This ought not be.

There should be a balance between intelligence and knowledge, but neither of these things can or should be measured quantitatively. This debases the art of what these students are doing and studying. It reduces it to mere numbers, which do not represent anything tangible.

Learning for the sake of learning and for the love of learning are nice concepts, and concepts that are viewed as naïve and unrealistic. Instead, one must learn for the sake of occupation, functionalism, and democracy. Standardized testing and the enforcement of fact and knowledge over true intelligence takes the love out of learning, which is a very utilitarian idea.

This isn't to say that this method is completely without merit; this educational methodology works for many people. But in the end, it produces individuals without the tools or experience to apply their knowledge to the real world—without love for the work that they do.

from the editors' desks

As the end of the year approaches, it is time to start thinking about the future of this publication.

With many of our editorial staff members and writers graduating this May, it is important to start planning on who will succeed them next semester.

This May, six of our staff members will be graduating. While this occasion should be celebrated, it does put this publication in a difficult situation.

Each of the members who will be leaving has been a valuable part of The Voice family.

Nicholas Sarnelli, Editor-in-Chief, is among those who will be leaving us.

Following his graduation, Gina Muller will be taking his place as senior editor-in-chief, which will leave the co-editor spot open and vacant.

Michael Barry, the current sports editor, is also leaving. This will leave this position vacant, along with three sports writer positions held by Jack Corsi, Andrew McIntosh, and Andrew McGill.

The advertising manager position will be vacant with the graduation of Justin Connolly.

Ryan Cashman, who has written faithfully each week, will also be graduating.

It would be ideal for successors for these positions to be decided upon before the close of the semester.

a letter to the editor

Hello, my name is Nicole Gallup. Many of you may not know me, but I am currently the head resident assistant in University Hall. I am writing this brief editorial to provide you with correct information. It was recently published that campus will be hosting a petting zoo during SpringFest. This is not the case. I am holding my campus wide program during the Friday of SpringFest, and it is not a petting zoo. It is in fact a traveling zoo run by Forest Park Zoo of Springfield. This program is designed to bring awareness to the amazing creatures in this world. There may be the chance to touch the animals, but the event is not a full on petting zoo. The event will be taking place on Friday, April 29, 2016 at 2:30 p.m. on the campus green. There will be a fundraising component to the event to help raise money for Forest Park Zoo.

The Westfield Voice

The objective student press of Westfield State University

Nicholas Sarnelli and Gina Muller
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***Sandra Mercer**, Head Copy Editor*
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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

arts & entertainment

FRIDAY, APRIL 8, 2016 MONIQUE DESNOYERS, EDITOR

quick hits
as of April 4, 2016

Top 10 Singles
1. 7 Years – Lukas Grahm
2. I Took A Pill In Ibiza (SeeB Remix) – Mike Posner
3. Work From Home – Fifth Harmony Featuring Ty Dolla $ign
4. NO – Meghan Trainor
5. Stressed Out – twenty one pilots
6. My House – Flor Rida
7. Faded – Alan Walker
8. Work – Rihanna Featuring Drake
9. Cheap Thrills – Sia Featuring Drake
10. Cake By The Ocean – DNCE

Top 5 Albums
1. This Is What The Truth Feels Like – Gwen Stefani
2. Something Beautiful – Jordan Smith
3. ANTI – Rihanna
4. 25 – Adele
5. Purpose – Justin Bieber

Top 5 Movies
1. Batman V. Superman: Dawn Of Justice
2. Zootopia
3. My Big Fat Greek Wedding 2
4. God's Not Dead 2
5. Miracles From Heaven

Upcoming DVDs
1. Star Wars: The Force Awakens
2. The Forest
3. The Revenant
4. Fifty Shades of Black
5. The Hallow

KNOWING TO COOK

Everyone Goes to Jake's

Ryan Cashman
Voice Columnist

To Dr. Rajgopal, an ever faithful reader of this column

PHOTO FROM TRIPADVISOR.COM

There is a movie reference hidden in this week's title. See if you can spot it. I'll give you a hint: it takes place in "Casablanca."

The town of Northampton is about the most non-metropolitan metropolitan town in the Pioneer Valley. What I have just said may sound completely contradictory, but if you have ever ventured to this wonderful place, you may understand what I mean.

Northampton has all the making and resources of a small city, but remains—incredibly and stubbornly so—a small town. Not only is Northampton a town filled with amazing stores, Raven Used Books and the entirety of Thornes Marketplace among them, but it is also a town with an absolutely scrumptious food scene.

Among the great institutions that makes Northampton a mecca for food lovers are the Brewery, where you can sample a wonderful amalgamation of beers and pub fare, MacLaddens Irish Publick House, Guinness always, and Jake's, the breakfast place that literally has a line out of the door every weekend, a line Kelley and I were stuck in Sunday morning waiting to get brunch.

Now, it is the month of April, and had the weather been more inclined to follow the season in which it finds itself, I would not even consider bringing this up. But this is New England, and in New England, April apparently means snow. So, my one recommendation to Jake's would be this: if you ever consider expanding, create a larger indoor waiting area so we do not get stuck in an unexpected April snowstorm.

One of the first things you need to know about Jake's is that it is probably the best breakfast place in the Pioneer Valley. Before anyone gets up in arms and asks why I have seemingly betrayed The Good Table, hear me out. Jake's may be the best in terms of food quality and whatnot, but The Good Table will always be mine and Kelley's favorite.

Mid-morning Sunday, Kelley and I had a wonderful double date brunch with my dear friend, Adam, and his wonderful girlfriend, Jen. As consistently tightly packed as Jake's is, they still managed to fit all four of us very comfortably. If The Good Table was the breathing exterior image of an old Manhattan diner, Jake's is akin to something you would find in Brooklyn. Jake's is framed by large open windows with the menu is stamped outside of the set of heavy double glass doors. Inside, Jake's is a warm and

see CASHMAN on page 17

An Appreciation of Judd Apatow

Joe Egitto
Voice Reporter

Over the past four decades, Lorne Michaels has been widely considered as a leader in the field of producing comedic talent.

Michaels is best known as the producer of "Saturday Night Live," "The Tonight Show Starring Jimmy Fallon," and virtually every movie starring SNL alumni ever; however, there is one other man who may not get his due comedic credit, if only because some people may not realize the full scope of his work. That man is Judd Apatow, the quintessential voice in the coming-of-age genre.

Though he has only been behind the camera directing in five movies, including "The 40-Year-Old Virgin," "Knocked Up," and "Trainwreck," his presence is seen in most of the big commercial comedies of the twenty-first century. He has produced beloved movies such as "Superbad," "Step Brothers," "Pineapple Express," and "Bridesmaids."

Loveable stoners, growing pains, and relatable bro-mances are a common thread throughout most of his work, whether it is as a writer, producer, or director.

After a few minor successes in movie making during the 1990s, he decided to venture into television with a show for NBC about the trials and tribulations of high school.

That show was "Freaks and Geeks" and critics loved it; however, after suffering from bad ratings after just one season, it was cancelled and has since received cult status.

His next big break came in 2004 when he produced "Anchorman: The Legend of Ron Burgundy." This also happened to be the first in his partnership with comedian Will Ferrell.

In continuing his work with Ferrell, Apatow got producer's credits for "Kicking and Screaming," "Talladega Nights," and "Anchorman 2."

Much like Lorne Michaels, Apatow has a steady repertoire of actors he collaborates with. Along with jump-starting the careers of comedians Seth Rogen, Jonah Hill, and James Franco, other members of the "Apatow Gang" include Kristen Wiig, Steve Carell and Paul Rudd, to name a few.

As of late, he has produced a wonderful show for Netflix called "Love," and the Lonely Island's new movie, "Popstar: Never Stop Stopping," which is due for release later this year.

He also found time last year to write a book entitled, "Sick in the Head: Conversations About Life and Comedy."

As you can see, this man is constantly working on new projects and bringing hilarious entertainment to our lives. His work hits home with the millennial crowd, not only just for the comedy, but also to the lovability of his characters and the situations they find themselves in.

Everyone can relate to the pressures of growing up and facing the harsh realities of adulthood. With a winning combination like that, Mr. Judd Apatow will continue to give us laughs for many more years to come.

lifestyle, health & wellness

FRIDAY, APRIL 8, 2016

Outsmarting your Smartphone: Written for a Mindful Semester

Stephenie McSweeney
Voice Contributor

PHOTO PROVIDED BY STEPHENIE McSWEENEY

You are finally starting your homework, but the moment you sit down and get ready to focus, it always happens: you hear a "bing" coming from your cell phone. You look down, and it is so hard to resist the latest text, tweet, Snapchat, or Vine.

I can never resist the urge to check it. I tell myself that I am only going to view one text, and then somehow I end up looking at a food account on Instagram for the next two hours. Social media has become such a central part of our everyday lives that it gives us serious FOMO (fear of missing out). These days, not "liking" your best friends photo on Instagram because you "missed it" is almost an unforgivable act.

Setting Goals. The problem with smart phones is that the smartest thing to do is put it down. Yes, it is fun to keep up with every single thing going on in everyone else's lives, but this is when we lose the focus and motivation to reach the goals in our own lives. It is easy to get caught up in the drama of social media. It makes it hard to remember that there is a life to live outside of the compact world inside your cell phone.

Some goals during your college experience may include achieving better grades; exploring new places; immersing yourself in new cultures; building lasting relationships; helping others; and simply being happy. When completing a task related to each of these goals, there is one thing they have in common: they require your attention. A conversation with a friend does not really benefit either person if one of them is zoned out, much like an essay will not make sense if you lose your train of thought.

Focusing with Concepts of Yoga. Many say that yoga has nothing to do with our cell phones, and that going to a yoga class at the gym will leave us with just as much bliss or Om if we are still attached to our phones for the rest of the day; this not true. Yoga concepts carry into all aspects of life.

Deepak Chopra is famous for writing about the "eight limbs of yoga." These eight limbs focus on every aspect of our lives. One of the limbs is a category regarded as the Niyamas, which Chopra describes as "qualities naturally expressed in an evolutionary personality."

Another Niyama, tapas, requires putting down our smartphones. Chopra says that tapas is "traditionally translated as 'discipline' or 'austerity.'" By putting down our smartphones for multiple tasks in everyday life, and not just for yoga class, it becomes easier for us to feel a sense of bliss throughout the day. Focus and effort go hand in hand, so it makes sense that the thing that distracts us

See MCSWEENEY on page 15

How to Survive College without Getting Sick

Jordyn Gosselin-
Voice Contributor

PHOTO PROVIDED BY JORDYN GOSSELIN

It is that time of the year: flu season. Everyone seems to be catching some kind of virus. Isn't it wonderful sitting in class and listening to everyone around you coughing and sneezing?

Germs are everywhere, and they spread easily. There are many tricks to prevent yourself from getting a cold or the flu, but let's be honest: it is hard to keep up with them all. Getting enough sleep, eating healthy, taking vitamins, being physically active: not everyone can balance that lifestyle, especially a college student.

There are many remedies to preventing the common cold, and yoga is one of them. It can fight off the risk of infections by boosting our immune systems. Isn't that cool? It might be hard to believe, but yoga is very beneficial to our bodies. There are some people that believe they never have time for meditation or yoga, or they blame it on the fact that they do not know how; however, I am going to introduce to you some yoga poses and teach you how to meditate. It is very easy to take five minutes from your day and just relax and meditate, or do some yoga poses.

A few ways that yoga can help boost your immune system, is by helping with stress, cleansing your body of toxins, and helping you sleep better at night.

Stress. Of course, every college student is going to experience some kind of stress throughout his or her college career. Whether it is a few times throughout the semester or every day, physiological stress can double the chances of a person getting the common cold. Stress is not the cause of all colds, but the higher your stress, the more likely you are to come down with a cold.

I struggle with stress and frequent illness. I have had strep throat four times while at college and I am only a freshman. I know that sounds crazy, but I always come down with an illness after a really stressful time, like studying for midterms or finals.

One thing that I do to help control my stress is Dhyan, which is another name for meditation. Meditating for five minutes when you are stressed out can help you calm down and focus. I have done this many times while studying for midterms, and it helps to clear my mind. Even if you are stressed out trying to finish your homework for that one class you hate, it is easy to take five minutes and just meditate.

Here is how it is done. Start by sitting upright and closing your eyes. Then, begin to focus on nothing except your breathing. Focus on how your breath feels coming in and going out. It is okay if you have other thoughts going on in your head, but remind yourself to come back to the present and focus on just your breathing. While doing this, your mind should go blank, like nothing is there. You should have a strong sense of awareness. Meditation takes some time to master, but practicing it each day helps. During meditation, more antibodies are produced.

Cleansing the Body. In Kreg Weiss' article "Yoga and the Lymphatic System," he talks about how yoga can help your body cleanse itself. While doing yoga, you stretch various muscles, and moving in and out of different postures moves your organs around. While doing this, you are draining your lymph, which is a fluid rich in immune cells. Think of it as a dirty, wet rag. When you ring it out, you are getting rid of all the dirt and particles, cleaning up the rag. Releasing this fluid helps fight infection, destroy cancerous cells, and get rid of toxic waste products.

One pose that you can try to activate this is Marichi's Pose. This is done by sitting on the floor, bending your right knee, and keeping your left leg straight. While exhaling, rotate your torso to the right and place your left arm on the outside of the right knee. Continue to lengthen on

See GOSSELIN on page 15

How a Goddess Expresses Her Vulnerability: The Goddess Series, Part Two

Jessica Gray
Voice Contributor

Last week, I talked about how important it is for a goddess to embrace her authentic self and her authentic feelings. I have already revealed two of the biggest goddess secrets of all, and as we go on, I will continue to reveal what makes them so powerful.

The first big secret is responding to your feelings in love by forgiving them after you have felt them. This is so important and probably feels really hard to do right now. That is okay! Embodying a goddess is not easy, but it is worth it. It will change how you handle tough situations.

People will begin to resonate with your peaceful and authentically powerful vibrations. There is so much power in allowing yourself to feel uncomfortable, and then having the strength to forgive that uncomfortable feeling.

If you practiced Exercise 1 last week and allowed a feeling—good or bad—to come over you, and you did not react to it, you may have felt it pass like a wave, leaving you with a sense of calm. Now, I am going to teach you how a goddess expresses her vulnerability. There is a powerful phrase that has completely changed how I express my feelings and how people respond to me. Here is another secret: I have already revealed it and had you practicing it on yourself.

There was a time when I felt ashamed of having dark feelings, and I would push them aside. I would do everything that I could to make sure that everyone and everything around me was being taken care of: my mom, my friends, my schoolwork, and even my teachers. I wanted to look impenetrable on all sides.

I think that, to some degree, all women are taught this, to do everything for everyone and grin and bear it when you feel angry or sad. We smile through pain. We smile through anger. We stuff down our feelings because of the fear of pushing people away or to avoid having to feel what it is we really feel. A goddess does not do this. She knows how to express her feelings. She feels them; she does not react to them. I will teach you how to express them so that you are responding to them in love, because that is the "advanced goddess" version.

When an uncomfortable situation arises, I say to myself, "I feel really uncomfortable right now," "I feel my body wanting to freeze or constrict," or "I'm feeling really excited right now; I can feel a tingling in my arms." I also speak this way with those that I interact with.

For example, if I am feeling hurt by something my lover has done, I take a moment to feel that emotion in my body. Then I say, "It felt really bad for me when you did this, and I don't like to feel that way."

These phrases seem innocent enough, but they are powerful. They are powerful because these phrases are awareness of the self. I am connecting to my heart and soul when I allow myself to feel my feelings, and I am demonstrating strength when I express them to myself or someone else.

Exercise 2: I invite you to practice using "I feel" statements. These statements, whether to you or to someone else, are powerful. Now that you are comfortable admitting your authentic feelings to yourself, I invite you to say them aloud to someone else.

You can start small. First, bring your awareness to your feelings and the energy in your body. Then, say it out loud to yourself. I encourage you to practice alone, such as when you are in your car or at home. You could say things such as, "Right now, I am feeling really annoyed," "I feel happy today," or "I feel kind of upset because I didn't get a good grade." The point of this is to make you more aware.

After you practice saying your feelings out loud to yourself, start sharing them with those that are close to you. For example, if someone asks you how you are doing, take a moment to bring your awareness to your authentic feelings and the energy in your body.

How are you really feeling? A goddess takes a moment to ponder the question, and does not answer with the default answer, "I'm fine, how are you?" If you are actually feeling kind of bad, express it! Say, "I feel kind of bad today."

That does not mean you have to go into detail about why; you could say, "I don't feel like talking about it," instead. You have just expressed your authentic self. You have embodied the goddess.

From MCSWEENEY
page 10

the most, our phones, sometimes have to be put away.

Easier Said than Done. It seems like a pretty easy solution. If you give up a smartphone, your focus and effort improve, and you are successful at reaching goals. Most students are not willing to spend a day apart from their phones; they feel the constant need to stay in touch with what their peers, friends, and family members are up to at any given time. This leads one to wonder how we ever lived in a world without smartphones.

Generational Disconnect. Is giving up your phone for a day just a problem for the college student of today, or is it a problem for everyone? Surprisingly, many adults feel the same way. It truly seems as if most of society has become dependent on our phones.

Giving Up on Giving it Up. So, maybe our society has not made it easy to give up our smartphones for an hour, a day, or even a week. It is hard to focus on what you are doing when your mind is constantly pulling you toward the little world behind your screen. If it is not realistic to start with a day, maybe start with an hour. Perhaps one hour of yoga a day is all people need to take a step back and get the "bliss" they have been looking for. Some other fun distractions from your phone could include playing sports with friends; reading; drawing; or cooking a favorite recipe. It might be easier to stop being so attached to your cell phone if you are doing activities that naturally distract you. That way, when it comes time for homework, or if a friend is in need, you will be present and focused.

Live life to the fullest, and truly find passion in what you are doing. Outsmarting your smartphone may not be completely necessary 24/7, as long as you know you can outsmart it when you want to. Use your smartphone to build connections, not to destroy them. You control the device; your device does not control you.

From GOSSELIN
page 13

each inhale and twist with each exhale. This twist pose is very beneficial because as you are twisting, you are wringing out all the toxins in your body.

Sleep. Who doesn't love sleep? Believe it or not, yoga helps you sleep better. It helps you to unwind at the end of the day and relax your body. This is beneficial because a lot of rest helps the body to fight off infection and recover. If you are sick and not getting enough sleep, you are not allowing your body to recover. It is better to get a good night's sleep rather than stay up late watching that show on Netflix that you are addicted to.

It can be difficult to fall asleep at night, but one yoga pose to help you relax and fall asleep is Corpse Pose, or Shavasana. This is done by lying down on your back with your limbs out, and your body completely relaxed. Some people prefer to keep their palms facing upward which helps in the relaxation process.

In my own personal experience, this pose is very relaxing and makes it easy to fall asleep. After laying in a peaceful, relaxed state for ten to fifteen minutes, your mind and body become refreshed.Yoga helps boost your immune system, and keep you healthy. By practicing yoga, you relieve stress, ring out toxins from your body, and sleep better. Yoga is another remedy you can use to keep your body healthy and prevent the sickness going around, especially during this time.

An example of Shavasana a.k.a the Corpse pose

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Do you write papers and essays for class?

Do you write in any form?

Are your open letters just not open enough?

The you should write for The Westfield Voice!

~*~*~*~*~*~*

owls athletics

FRIDAY, APRIL 8, 2016 MICHAEL BARRY, EDITOR

Westfield State men's club lacrosse team wins first game of season

Andrew McIntosh
Voice Reporter

The Westfield State men's club lacrosse team got their first win of the season, defeating Framingham State in their home opener by a score of 11-¬6. The Owls have improved their record to 1¬-2 on the year and seem to have started finding a rhythm.

It was an incredibly entertaining game, with both teams going back and forth for the first three quarters of play. Westfield jumped out to an early lead in the first quarter, outscoring Framingham State 2¬-1. In the next two quarters, both teams recorded 2 goals apiece.

Then in the fourth quarter, it was all Westfield. The Owls outscored Framingham State 5¬-1 in the final quarter to close out the game. Senior Captain Matt Haley believed that the team could have played better saying that he, "thought [the team] came out slow."

"Didn't expect such a close game," said Haley.

Expecting more of yourself and those around you is how you find out what kind of team you can become. It is still very impressive that this team was able to pull away big in the final quarter.

Assistant coach Nick Kates was pleased with the Owls' first win of the season.

"I thought we played very well and got a lot of good chances on offense. The defense played physical and caused some big turnovers, overall it was a big team win," said Kates.

The Owls have shown flashes of greatness in their first few games. They are a physical team that has the talent to make a good run to the postseason. In the game against Framingham State, junior faceoff specialist Billy Ho was able to win 10 out of 18 face-offs, which is a crucial part of the game. Whether it is to keep your momentum going on the offensive end, or slow the game down to get everyone on the same page, success at the faceoff allows a team to control the tempo of a game.

On the offensive end of the field it was another big game out of junior attackman Jake Sargent, who scored three goals and picked up three ground balls.

Freshman attackman Thomas DiCalogero and junior Timothy DeGrasse both scored two goals and recorded two ground balls. Nick Anson had a big day, scooping up five ground balls along with scoring a goal. Matthew Gambale, Bailey Leacy, and Joshua Sawyer all put one into the goal column as well.

As for the goaltenders Eric Thompson and John Tullock, they did not see too many shots on net, but defended well when the time came. Thompson had six saves whole allowing three goals for a save percentage of 68 percent. Tullock made four saves and allowed three goals for a save percentage of 57 percent.

The Owls winning their first home game is huge for this team to get to where they want to be by the end of the season. The Owls next home game will be this Friday, April 8 against Bridgewater State University at 7 p.m. at Alumni Field.

Harsh April weather plagues baseball schedule

Andrew McGill
Voice Reporter

The Westfield men's baseball team was forced to reschedule four games this week due to the inclement weather that the northeast has been experiencing.

The Owls were scheduled to play a doubleheader against Bridgewater State on Saturday, but due to rain showers, the games were rescheduled for Sunday, April 10 at noon in Westfield.

Westfield was also set to play two games during the week. They were slated to play Williams College on Wednesday and Mitchell College on Thursday. Due to the inclement weather, the field conditions were not playable and caused both games to be rescheduled.

Williams College will travel back to Westfield on Sunday, May 1, where first pitch will be at 1 p.m. No makeup date has been scheduled for the game against Mitchell College.

The brutal weather across the northeast has wreaked havoc; it has brought both freezing temperatures and snow, neither of which are ideal conditions for a baseball game.

"This type of stuff comes with the territory of playing baseball in the early spring in New England. We'll have some indoor practices to keep the guys in the swing of things and hopefully the lull in the schedule doesn't affect them too much," said coach Nathan Bashaw.

The Owls entered the hiatus with a 2-3 record in their last five games. They certainly left off on a sour note with a monstrous 9-3 loss to Elms College last Wednesday.

The Owls' found themselves down early in that game—giving up five runs in the first two innings—and were never really able to fight their way back into it.

The closest the Owls came to a win was during a loud fourth inning in which they scored three runs, bringing the score up to 5-3; however the Owls' bats never gained life after this, and they were kept scoreless in the remaining frames.

The biggest problem for the Owls was their play in the field. They made four errors on defense, and their pitching gave up five walks throughout the game. At the end of the day, the six unearned runs that Westfield let across the plate made up the difference in the final score.

Elms' starting pitcher Tom Weldon, who came into the game undefeated, was dealing all day. He went seven innings, striking out five and only giving up three runs. He improved his record to 6-0 on the season.

The Owls stand at .500 for the season with a 9-9 record. They are set to play in their first in-conference action of the season in the form of a doubleheader against Worcester State on Saturday in Worcester.

From **GOSSELIN** *page 13*

response to the network constantly asking Storlazzi to log back in.

With his experience and multitude of ideas, the general consensus seemed to be that we do want him to join us. What Storlazzi wants is for us to join him to work towards sustainability for the world, or else rising sea levels will engulf us all.

His calm but urgent tone captured the audience for an hour.

Storlazzi ended his speech with the Marshallese phrase "kommol tata," otherwise known as thank you.

From **CASHMAN** *page 10*

welcoming environment with copper coated tables, complimented by wooden chairs and benches along walls carved out of ancient-looking, roughhewn wood. Black and white photographs of old Northampton line the wall.

The menu at Jake's is the true star. I am a fan of the Coolidge, a simple breakfast dish of scrambled eggs, kale, roasted garlic and tomatoes, and goat cheese served with herb roasted potatoes and toast of your choice. Sourdough is always my choice. Kelley and Jen ordered Jake's Eggs; Kelley, in typical fashion, ordered hers scrambled with cheddar cheese and a side of bacon, while Jen had hers over easy with a sprinkling of sriracha to give them an extra kick. Adam, because he is Adam (there is no better way to describe him), was the most adventurous of the four of us and ordered the El Paso Ranchero, which is jalapeno cornbread topped with refried black beans, Monterey Jack cheese, two eggs, pico de gallo, and sour cream. He gave a loving smile at his meal after the first bite, which is something I do as well but have never been caught in the act.

Coffee at Jake's, like The Good Table, is nothing special. It is your typical American diner coffee, which is a welcome friend after standing out in the cold.

Jake's is a reasonably priced venture. No meal on their menu exceeds $10, which is refreshing considering that other no less wonderful Northampton eateries charge a lot more. But that is a discussion for another day.

To close out, I'll just say that should you go out Jake's it would be the beginning of a beautiful friendship.

If you haven't figured my movie reference by now, you really need to work on your classic film viewing.

As always: buona tavola é mangiare bene!

Do you write papers and essays for class?

Why not submit them to The Westfield Voice?

The dominance of the UConn women

Devin Bates
Voice Reporter

Ever since the beginning of organized sports, dominance has been the ultimate goal for any team. While it is very rare to achieve this lofty target, it is the mark by which everyone is judged, and it starts with winning. After that, you have to do it again and again. It is hard enough to be a champion once, but to do it two, three, or four times in a row is backbreaking. Regardless of the sport, gender, or competition level, starting every season with a target on your back is tough. A team like that is transcendent. A team like that deserves respect.

The UConn women's basketball team has been winning by such large margins for such a long time that people only look up from their busy lives when they lose. The last time a team other than UConn won a title, "Call Me Maybe" was rising on the Billboard charts, and LeBron James was still ring-less with the Miami Heat. The last time UConn was not in the Final Four, Akon's "Don't Matter" was topping the charts. You would think dominance like this would be celebrated, but not everyone seems to think this way.

Some seem to think that what UConn is doing is "boring." There is a notion that because they win by so much, it takes all of the interest out of the game. A lot of this talk, however, is coming from people who fail to appreciate women's college basketball in the first place. If you find yourself criticizing UConn, ask yourself this: would you talk about this game if it were two evenly matched teams in the final?

If the answer is no, then why are you complaining? Bashing on UConn for being such a dominant team contradicts the very fabric of why we love sports. If a team puts their heart and soul into being skilled, just to be penalized for it when they get too good, why play at all? Isn't that the point?

UConn is not destroying women's college basketball. If anything, they are raising the stakes. Eventually, even if it is not until head coach Geno Auriemma retires, another team will take the torch. Until then, be a spectator and not a heckler. We are watching a team that has not only climbed to the top of the ladder, but has also built a bigger one.

They made Syracuse look unprepared and outmatched in a National Championship game. If you do not like what they are doing, do not look now: after four consecutive titles and nine straight Final Four appearances, they are just getting started.

The Masters tournament to occur this weekend

Jack Corsi
Voice Reporter

The NFL has the Super Bowl, Major League Baseball has the World Series, The National Hockey League has the Stanley Cup Finals, and the NBA has the Finals. Then you have the PGA tour, which has four major tournaments. The Masters, the biggest and the most important tournament, takes place this weekend.

This tournament salutes golfs greats and awards the winner with a sweet green jacket. The event will be happening at Augusta National and the course will be vibrating from beginning to end. We may see some late tournament heroics or even a collapse.

The tournament favorite has to be Jason Day. The Australian is currently playing some of the best golf of his career, and it does not seem like he is going to be stopped anytime soon. A potential issue is Day's back injury, which he has been dealing with as of late; however, I do expect him to have a big week at Augusta. He can prove that he is the top golfer in the world with a win this weekend.

Jordan Spieth is another favorite, and why shouldn't he be? He is the returning champion, and he is coming off of the best year of his career. Recently, Spieth has been struggling; however, this is the Masters, and all of the primetime players come out for this tournament. If he wins this, it will be his third Major tournament win at only 22 years old.

A player that I believe could finally break through with his first major is Dustin Johnson. Dusty had multiple chances last year to break through, but in true Johnson fashion, he choked big time. No one will forget his choke on 18 in the US Open.

It was truly heartbreaking for a guy who deserved the win on that day, but he needs to win a major this week to validate his career. If Johnson wins, that preverbal monkey will be off his back.

Do not count out Phil Mickelson. This could be the biggest year in his career. If he gets a couple more Majors, he could go down as a top 5 of all time. I have been a fan of Phil since day one and I will be yelling, "it's in the hole," on every tee shot. I really want a Phil victory this weekend.

Other names to watch are Rickie Fowler and Bryson DeChambeau. Fowler is easily one of the best in the game, but needs this win for his career. While DeChambeau is a young guy whom a lot of people are saying is the next big thing, he is still an amateur. I do not see him winning it this weekend; however, I would love for him to be in the top 15 at the cut

I like Mickelson this weekend, but I am also very high up on Day and Johnson. I would love the names of Zach Johnson, JB Holmes, and Louis Oosthuizen to be in contention late, and I think they have the chance to do so. Brooks Koepka is my dark horse; I am high up on this guy and think that if he can be consistent, he could be a top player in the golf world.

As much as I dislike Jim Nantz, his calls on Sunday at The Masters are legendary. He may be insufferable during football season, but he is not too shabby during the golf affairs.

Games & Leisure

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1				2	4		8	5

Maze

Songs From the Year 2003

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G	D	U	I	L	I	G	Y	O	N	O	S	T	G	E	E	G	N
A	A	E	M	I	S	N	A	A	N	R	S	U	S	I	U	C	N
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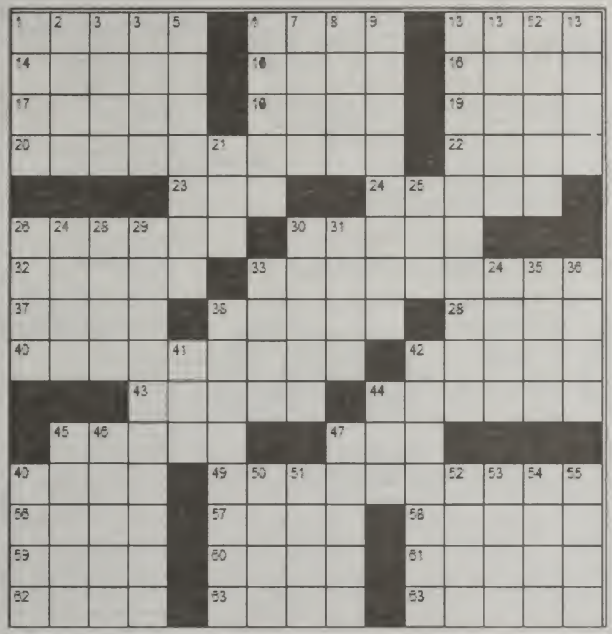
R	E	L	O	E	Y	C	E	E	T	S	G	O	N	R	H	O	G

ALL I HAVE
ANGEL
BABY BOY
BEAUTIFUL
CLOCKS
COME OVER
DRIFT AWAY
FIGHTER
FRONTIN'
GET BUSY
GET LOW
GOSSIP FOLKS
HEADSTRONG
I CAN
I WANT YOU
I'M WITH YOU
IGNITION
IN DA CLUB
INTO YOU
INTUITION
LANDSLIDE
LIKE A STONE
LIKE GLUE
MESMERIZE
MISS YOU
PICTURE
RAIN ON ME
RIGHT THURR
SAY YES
SENORITA
SO GONE
SOMEDAY
STAND UP
STUCK
SUGA SUGA
SUNRISE
SUPERMAN
TROUBLE
UNWELL



ACROSS

1. A long narrow opening
6. Possesses
10. Piece of glass
14. Hawaiian veranda
15. Ship
16. Flying saucers
17. Not together
18. Arab chieftain
19. Steals
20. Luscious
22. Barbershop emblem
23. Derisive laugh
24. Scribbled
26. Attach
30. Secret agents
32. Scallion
33. Roared
37. Somersault
38. Contending
39. Portuguese folksong
40. Hartebeests
42. Melodies
43. Charges per unit
44. Relating to cats
45. Mystic
47. Family
48. Flippant
49. Catastrophe
56. 53 in Roman numerals
57. Modify
58. Tortilla chip
59. Savvy about
60. Pervert
61. Clobber
62. To fancy (archaic)
63. Wild Tibetan oxen
64. Feel

DOWN

1. Attired
2. Sexual assault
3. A Freudian stage
4. Concern
5. Cookhouse
6. A religion based on sorcery
7. Uterus
8. Found on a finger
9. Scattering
10. Meaningful
11. In progress
12. Chivalrous
13. Being 21. Buff
25. Scarlet
26. Ancient marketplaces
27. Soon
28. Sediment
29. Permissiveness
30. Startles
31. Jests
33. Sort
34. Hindu princess
35. Biblical garden
36. An amount of medicine
38. In a consecrated manner 41. Flee
42. Renters
44. Hale
45. A river through Paris
46. Produce a literary work
47. Friends and acquaintances
48. Farm equipment
50. Notion
51. Ill
52. Container weight
53. Computer symbol
54. Units of resistance
55. No

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
4/8	7a	Junior Class Registration	MyWestfield
4/8	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
4/9	12p	Women's Lacrosse vs. Fitchburg State	Alumni Field
4/10	12p	Baseball vs. Clark University	Alumni Field
4/10	1p	Buzz Off For Kids With Cancer—Shave your head!	Scanlon Banquet Hall
4/10	7:30p	Senior Jazz Recital, Kyle Murray, Saxophone	Dever Stage
4/11	10a—12p	Vendor: Customized Charm Bracelets—Think Mother's Day!	Ely Lobby
4/11	3:30p	Baseball vs. United States Coast Guard Academy	Alumni Field
4/11	6p	FREE MTEL Math Workshop	Wilson 418
4/11	6p	Islam and Hip Hop	Owl's Nest
4/11	7:30p	Chamber, Piano, Percussion, Classical Guitar Ensembles	Dever Stage
4/12	3:30p	Softball vs. Keene State	Alumni Field
4/12	4p	Education and Human Services Job Fair	Scanlon Banquet Hall
4/12	4p	Office Hours With VP of Academic Affairs Dr. Marsha Marotta	Ely 020
4/12	5:30p	Softball vs. Keene State	Alumni Field
4/13	1:30p	Out of the Darkness Suicide Prevention Walk	University Lobby
4/13	2p	Open Academic Skills Workshop	Banacos Center
4/13	4p	The Journey To Graduate and Professional School	New Hall 141B
4/13	7p	Active Minds Club	Ely 021
4/14	10:30a	Commuter Brunch—Hosted by Student Government Assoc.	Tekoa Room
4/14	5p	Alumni Poetry Reading with David Walker and Kris Ryan	Wilson Auditorium
4/15	4:30p	Memphis Themed Dinner at the Dining Commons!	Dining Commons

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mkalloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

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Father Dean's Dining Hall
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Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

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Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, APRIL 15, 2016

westfieldvoice.com
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Common Goods combats hunger in WSU campus community

Volunteers begin to battle food insecurity

Nicholas Sarnelli
Editor-in-Chief

Food insecurity refers to people who skip meals and/or do not receive proper nutrition because they are unable to afford it. Food insecurity on college campuses is a major issue and has b een for some time, yet is often left in the dark. Some attribute this to the stigmatization often associated with this type of need, and many do not realize just how big the problem is.

In a study published in "The Chronicle of Higher Education," food insecurity is said to affect anywhere from 14 percent to 59 percent of public university students.

It was only recently that this issue broke out of the depths at Westfield State University, and members of the campus community took up arms against hunger and food insecurity.

On Monday, March 21, 2016, President of Westfield State University Ramon S. Torrecilha announced the grand opening of Common Goods at Westfield State.

In its essence, Common Goods is a food pantry. It is an available resource for all members of the Westfield State community, especially those who are suffering from hunger or struggling to make ends meet. The mission of Common Goods is to alleviate the burdens of food insecurity and hunger for the WSU community by providing a welcoming location that is friendly, private, and discrete.

PHOTO TAKEN BY ANDY MACDONALD

In addition to its non-perishable food supply, Common Goods also offers basic necessities like toilet paper, bar soap, hand soap, body wash, deodorant, toothpaste, dental floss, tampons, etc. Having an assortment of these sorts of items in its supply is what makes Common Goods more than just a traditional food pantry. In fact, the idea of offering more than just food is what led Celeste Donovan to decide on the name Common Goods at Westfield State; since "food pantry" is not directly in the title, Celeste feels as though Common Goods is not bounded in offering only food to those who might make use of the resource. She says she doesn't know exactly what Common Goods will need to be stocked with in years to come.

"We have some ideas about how we'd like to see Common Goods grow and evolve in the future," says Celeste, "but our true long-term vision is to be responsive to the needs and desires that the Westfield State community shares with us."

Celeste and the other volunteers actively request feedback from those who visit Common Goods regarding items or products for which they have greater need. The members of Common Goods measure this information using what they refer to as an "Each Visit Check-In Form." On this small, half-page document,

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The Goddess Series

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The objective student press of Westfield State University

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campus news & life

FRIDAY, APRIL 15, 2016

from SARNELLI on page 1

the visitor fills out their name, time of visit, whether they might utilize Common Goods over the summer, their top food item/basic necessity preference, and what they wish was offered that is not currently in stock.

In addition to the Check-In form, the volunteers at Common Goods also ask that a visitor fill out an "Intake Form" once per academic year. This form specifies that the visitor is only requested to include "as much information as [they] feel able and comfortable." This form requests for the visitor's name; email; phone number; affiliation with the University (whether they are student—part-time, full-time, or graduate—faculty, or staff); the number or people for whom the visitor is using Common Goods; and how often the visitor's food supply has been inadequate while at WSU. This form does not ask for any identification information or any record of income or salary.

"Common Goods is here for anyone in the Westfield State community who is struggling to purchase adequate amounts of food for themselves or for their family," says Celeste. "Our door is open to anyone who could benefit from some food and personal care items as they attend college and try to make ends meet."

Common Goods is housed on the second floor of the Second Congregational Church. The church itself is located at 487 Western Ave., just next to the Commuter Parking Lot. To enter, though, one must use the door on the far right of the church. To do so, one would cross in front of the church—passed the main entrance and beyond the bell sequentially—and proceed to the opposite wing. There is a ramp that leads to a single door, next to which there is a sign for Common Goods. Once inside, the stairs leading to the second floor are immediately to the left. There are more signs directing one up the stairs. Once one reaches the second landing, Common Goods lies behind the first door on the right.

PHOTO TAKEN BY NICHOLAS SARNELLI

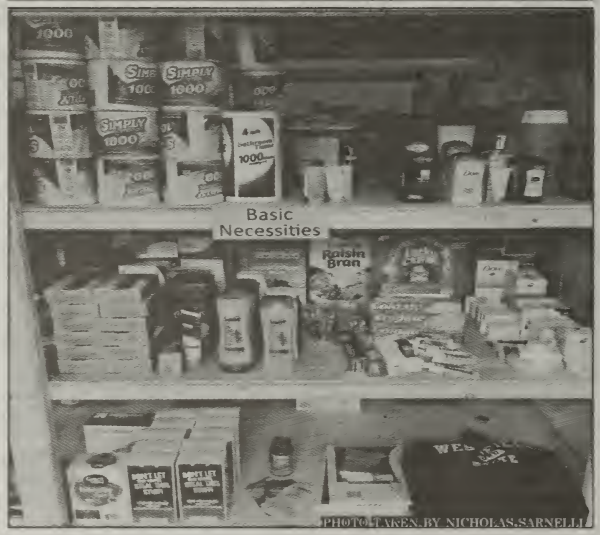

PHOTO TAKEN BY NICHOLAS SARNELLI

Common Goods offers more than just food. Above is their Basic Necessities section, in which they provide items like toilet paper, soap, shampoo, deodorant, toothpaste, etc.

Unfortunately, there is no elevator in the church, so someone who cannot use the stairs would be unable to access the pantry directly; however, if they contact commongoods@westfield.ma.edu, the staff can and will make accommodations to deliver goods to this person—they need only to reach out and make these arrangements.

Although the pantry is housed in a catholic church, no religious affiliation is required to utilize this resource. The pantry is open Tuesdays and Wednesdays from 11 a.m. to 5 p.m.; however, their hours may be subject to change, so it is best to check their website before a visit: westfield.ma.edu/commongoods.

There are multiple ways to make a donation to Common Goods, one of which is to utilize any of the dark blue donation bins to put in donated items, which are placed throughout the campus. One can find these donation bins in the following locations: Horace Mann Center (main lobby), Wilson Hall (Commuter Café), Parenzo Hall (near the TRiO office), Ely Campus Center (Campus Center Service Window and Diversity/Inclusion Offices), and the Albert & Amelia Ferst Interfaith Center (immediately in the entrance).

Common Goods strives to provide options that are low in sodium and sugar, and high in protein and nutrients.

Some of the items the pantry requests are the following: proteins (canned tuna/chicken, beef/turkey jerky, canned chili, canned beans, peanut butter, varieties of nuts); vegetables (canned vegetables, low-sodium soups, pasta sauce); fruits (canned fruits, raisins, dried fruits, applesauce, jelly/jam); starches (rice, pasta, instant potatoes, macaroni and cheese, canned pasta); breakfast (cereal, oatmeal, tea bags, coffee); pantry items (condiments, oils, can openers, storage bags, plastic wrap and aluminum foil, eating utensils, paper products); basic necessities (soap, toilet paper, shampoo/conditioner, toothpaste/toothbrushes, lotion, deodorant, feminine hygiene products, laundry detergent/dryer sheets); and of course, assorted snacks are always welcome.

These are the products that are estimated to have the greatest need, but any and all donations are welcome.

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE

The health communications masters program has been suspended pending revisions to the department. Everyone currently enrolled in the program will be grandfathered in and receive their degree from the university. In addition, Tufts University has decided not to renew its contract with Emerson for this specific program come October 2016 due to this suspension.

The New Hampshire,
U. OF NEW HAMPSHIRE

An electric scooter rental system, similar to the bicycle rental systems that have been frequenting other universities, has been proposed with Durham and its neighboring towns. Should the program be implemented, UNH students would be able to sign up for daily, weekly, monthly, or yearly memberships.

The Daily Collegian
U. OF MASS AMHERST

The new Integrated Design Building will be the largest installation of wood-concrete composite floors in North America and has an estimated cost of $52 million. Due to its structure and building materials, the building will not only be sustainable, but also environmentally friendly and energy efficient.

The Washington Square News,
NEW YORK UNIVERSITY

For fifth year in a row, New York University has broken its record for number of applicants. For the 2016-2017 academic year, NYU accepted 35 percent of its almost 43,000 applicants, which is a two percent increase from last year. Thirty one percent of Early Decision applicants were accepted.

Sodexo General Manager Maria Lees addresses SGA regarding dining services

Nicholas Sarnelli
Editor-in-Chief

Sandra Mercer
Head Copy Editor

PHOTOS PROVIDED BY DELANEY GAMBIS

On April 12, 2016, the Student Government Association met for their weekly meeting.

To begin the meeting, Madam President Evelyn Dina introduced Maria Lees from Sodexo Dining Services to discuss any and all comments, questions, or concerns raised by the students about dining services at Westfield State.

Lees pointed out that Sodexo will be working to lessen their footprint, eventually getting rid of all the disposables on campus, specifically in the DC, including dessert plates and the cups used for coffee, tea, and hot chocolate. The cups used for ice cream will be switched to a more expensive but biodegradable alternative. These new cups will only be 19 cents more than the current cups. Lees said that the cost is not what matters; the priority is how this change will help the environment.

Lees mentioned that Westfield State is actually on the tail end of Sodexo's sustainability movement compared to other institutions in Mass.

Brandon Trafford, vice president of finance, addressed Less regarding the possibility of replacing the current plastic cups in the DC with reusable to-go cups, which was originally brought to senate two weeks ago by Andrew Manchino on behalf of the Food Services Committee.

"Nothing has been set in stone," said Lees.

She went on to explain that this service could become part of the meal plan, in which students receive a reusable cup to bring to the DC to be used, and then be taken out of the DC and brought back to be laundered. These cups would not be students' personal cups, but rather a temporary, reusable cup that could be exchanged for a freshly laundered cup after the student used it. She also made it a point to mention that the DC's dishwasher is set at 190 degrees, which is 20 degrees higher than the FDA minimum of 170 degrees, to emphasize the sterility of the dishes, utensils, and cups.

Maddie Dexter, apartment complex president, proposed the idea of a tracking system with student IDs to enhance the efficiency of the system. Under the impression that this feature would be included on a meal plan, Dexter pointed out that this would allow students who do not have a meal plan to take out a reusable to-go cup—so they could access this feature specifically for no additional cost. This would also apply to students who do purchase a meal plan as it might assist the dining commons in tracking cups in use vs. cups in circulation to be laundered. This will greatly reduce the overwhelming number of current plastic cups taken out of the DC and not returned each semester. Dexter's proposal was met with praise by both the senate and Lees herself. Lees mentioned that this idea would be something to consider, and would also be brought to the next Food Services Commit-

See **MERCER** *and* **SARNELLI** *on page 22*

A Successful Term in Review:

SGA President Evelyn Dina Prepares for Life After Westfield

Sandra Mercer
Head Copy Editor

PHOTO FROM THE SGA FACEBOOK PAGE

The Student Government Association at Westfield State University is the largest student government out of all state schools in the United States, and one person oversees the entire senate: the president, Evelyn Dina.

Ev—as her friends call her—grew up in Sutton, Massachusetts and had little to do with student government at Sutton High School, focusing instead on softball and cheerleading.

"I was not a leader in high school," she said.

When Ev came to Westfield State, she decided to stray away from sports.

"I decided that I was going to try something new, because sports wasn't really something I wanted to pursue here," she said.

Currently a communication major with a concentration in public and corporate communication, Ev started off her Westfield career with a bang. She got started with student government when she was an SGA representative for Davis Hall her freshman year and continued as a representative for Courtney Hall the first semester of her sophomore year. She was also largely involved with the Campus Activities Board for the first two years of college, working as the advertising coordinator on their executive board for a semester.

Evelyn participated in the Disney College Program in the spring of her sophomore year, and she decided she wanted to focus more on student government as a junior the following fall semester. She ran for SGA's legislative secretary position and won.

Justin Connolly, Student Trustee and one of Ev's good friends, helped her to get signatures for her nomination forms while she was in Florida.

"He was literally my campaign manager. I owe everything to him pretty much," she said.

After a year on SGA's executive board as the legislative secretary, Evelyn ran for president and the rest is history.

As SGA president, Ev wears many hats. She oversees the 70 plus student legislature as well as the SGA executive board. She chairs the weekly SGA and executive board meetings, and essentially serves as the official liaison between the student body and the University's administration. On top of all of this, Ev also appoints students to specific governance committees, specifically search committees.

As far as her accomplishments this year, there almost isn't enough space to talk about them all.

On the wall of her office hangs a list of goals that Ev created in her first semester, all of which she wanted to achieve during her term as president. One of the biggest goals, and one that she has strived to accomplish over the past few months, was making the campus community more aware of the SGA's presence on campus.

"One thing that I implemented this year was this award called the Spotlight Club of the Month award," she said.

The Spotlight Club of the Month award highlights a new club every month that shows excellence in that club's sphere of interest, study, etc. Clubs can self-nominate, or someone outside of the club can nominate them. This award is a great way to recognize clubs that are doing great things both on and off campus.

When a club receives this Spotlight award, Ev writes a bio describing what the club is about, what they have been doing this year, and what they have accomplished so far. She then shares it with the senate at the SGA meeting. A member of the SGA executive board goes to the club's meeting to take a picture of the club and congratulate them on all of their hard work. The winning club gets recognized on the SGA Facebook page and is awarded a pizza party.

"It's a nice recognition from SGA," she said.

Ev also created a new position on SGA: the Veterans Representative. This position stemmed from a request from the veterans affairs office to have an spokesperson in senate to advocate for student veterans and veteran alumni.

See MERCER *on page 5*

From MERCER *on page 5*

One of the more recent installments that Ev created was the Bring a Friend to SGA Day. Last month, members of senate were encouraged to invite a friend that is not currently in SGA to sit in on the meeting and stay for a trivia pizza party after the meeting. With SGA and Class Council elections right around the corner, it was perfect timing.

"It was implemented to increase awareness of what SGA does," Ev said.

On Feb. 9, Dina gave the 5th annual State of the Campus Address at Dever Stage. The SGA President gives this 40-minute address every year at the same venue.

"I've never in my life written something that long," Ev joked.

The address highlights all of the University's accomplishments so far in the academic year. Dina said that this address was a unique experience, and it took quite a long time to prepare.

She reached out to several different clubs, organizations, faculty members, students, etc. This year, Ev's address included the new Catherine Dower Center, blood drives, the Mr. Westfield competition, and more. The event had a pretty successful turnout, including a combination of students, faculty, and even new University President Ramon Torrecilha.

PHOTO FROM THE SGA FACEBOOK PAGE

"He took a selfie with us... and with my parents," Ev laughed.

On top of all the wonderful things Ev has done for this campus, she is also a genuinely good person. Many of her friends and fellow senators not only praise her spirit but also endorse her professionalism.

"Evelyn Dina is a light shining on this campus. Not only does she open her door to any student that needs advice or support, but she also constantly makes an effort to make this campus better than it was the day before," said VP of Programming, Haley Batchelder.

"I admire Ev for her combination of both confidence and humility. I can depend on Ev for anything and I know she will always be there to lend a helping hand. She is going to succeed tremendously in her life after Westfield both in her professional and her personal life," agrees Justin Connolly.

"Ev is one of the best student leaders that WSU has to offer. She works tirelessly for the greater good, and I'm glad to call her my friend," adds Jacob Lotter, legislative secretary of the SGA.

As for the future, Ev has some big dreams. Currently, Ev serves as the development intern for the Make A Wish Foundation of Massachusetts and Rhode Island, and though she loves it, she is ultimately looking to work for a university.

"I'm hoping to begin my career in higher education because I have had such a great experience here, potentially in development at a university," she said.

Ev hopes to get either her MBA or MA in organizational leadership in a few years, and she has been applying for jobs at several universities, including Harvard Business School. Ev would like to work in a field relating to project development, program coordination, or alumni relations.

With commencement less than 40 days away, the reality of having to leave Westfield State is sinking in for Ev.

"It's been an awesome four years at Westfield. I'm sad to leave. I've made some of the best friends here, including faculty and staff, that I'm really lucky to have," Ev said.

Do you like to write?

Are you interested in following student government?

Contact Nick and Gina at thevoice@westfield.ma.edu

WSU's Relay for Life raises over $42,000!

Shauna Legsdin
Voice Contributor

This past Friday, April 8, Westfield State held its third annual Relay for Life event in the Woodward Center. The event started at 6 p.m. with the opening ceremony and the survivors lap and dinner. There was an abundance of positive energy that filled the whole first floor of Woodward, creating an atmosphere that projected a celebration of life.

The first event of the night was the community showcase that included performances by the dance company and the dance team on campus, one community dance company, the acaOWLETTES, and the Night Owls. Loud and energetic music filled the air while people walked and occasionally ran around the track.

Along the track were booths to help pass the time. One could color in the kids' corner, buy a snack at the bake sale, or become a lifetime member of the Relay community.

After a four-hour lull of walking, the luminaria bags were set up along the tracks and glow sticks were passed out. The luminaria ceremony started with a moving account of one woman's lifelong struggle with cancer. One-by-one she then listed different reasons those in attendance might be involved with Relay (parent, sibling, grandparent, etc.) and invited each to break their glow stick once she read their connection with cancer.

The room was silent and dark except for the cracking and light of the glow sticks. It was an emotional moment that seemed to connect to everyone in the room in some way. All there for the same reason: to fight cancer and remember those who have suffered or are still suffering.

PHOTO PROVIDED BY NICHOLAS SARNELLI

Pictured above is a segment of the luminaria ceremony from last Friday's Relay for Life Event in the Woodward Center

Once everyone's glow stick was lit, everyone at the event took a silent lap around the track while some placed a glow stick in a vacant luminaria bag.

The room remained silent and dark while people embraced each other and quietly grieved for their loved ones.

The ceremony shifted into Zumba and yoga, which was followed by late-night pizza and snacks. It provided the perfect mood booster to continue on into the late hours of the night. The atmosphere calmed down and the amount of people diminished significantly by 1 a.m., yet there was no lack in support. The night continued on with events such as the Miss Relay and PJ lap, KanJam, Minute to Win It, and Kickboxing.

Many took to the available mats for a nap or a break, but there was always someone doing laps.

Relay for Life was a fun and emotionally-charged event. Though many were tired, no one seemed to mind.

People were nice and friendly the whole night through, making for a pleasant group of people to spend twelve hours with. The Relay for Life club raised over $42,000, which is incredible for Westfield's size.

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Westfield State professor earns national title

From Press Release

PHOTO PROVIDED BY MOLLY WATSON

WESTFIELD, Mass., April 1, 2016- Westfield resident and Westfield State University Professor Dr. Glen Brewster was named vice president/president elect of Sigma Tau Delta, the international English Honor Society.

Sigma Tau Delta, International English Honor Society, was founded in 1924. According to its official website, the society strives to confer distinction for high achievement in English language and literature in undergraduate, graduate, and professional studies. The organization has more than 875 active chapters, more than 1,000 faculty sponsors, and approximately 9,000 members inducted annually.

Dr. Brewster started teaching at Westfield State University in 1996 and co-founded a chapter of Alpha Sigma in 1998 with Dr. Stephen Adams. Dr. Brewster is a professor of English and since 2011, he has served as director of the Honors Program. He serves as faculty advisor to Westfield State's chapter of Sigma Tau Delta with Dr. Elizabeth Starr. He earned his B.A. in English and philosophy and his M.A. in English from the University of Tennessee and his Ph.D. in English from Duke University.

Westfield State University's chapter of Sigma Tau Delta is very active. Student members attend the annual Sigma Tau Delta convention each year and many present their creative and academic work. The chapter meets weekly and holds fundraisers throughout the year to supplement the cost to travel to the convention.

"Dr. Brewster is particularly dedicated to ensuring that students have the opportunity to attend Sigma Tau Delta's annual convention each year," said Dr. Elizabeth Starr, professor of English and faculty advisor to Sigma Tau Delta. "As a result of his efforts, we always get to bring a large group of students to the convention.

This is no easy task, and he tirelessly helps students apply for the funding that is available on campus as well as helping them organize fund-raising activities."

As vice president and president elect, Dr. Brewster is committed to a six-year term: two years as vice president/president elect, two years as president, and two years as immediate past president. As Vice-President, he will be a member of the Executive and Strategic Planning Committees, which includes a significant review and revision of the Constitution, the Mission Statement, and the Strategic Plan.

Before being named vice president/president elect, Dr. Brewster served on the Sigma Tau Delta Executive Board for six years as Eastern Regent where he sat on many different committees and was asked to be chair of the Communications and Regents Committees. Dr. Brewster was officially appointed vice president/president elect at the Sigma Tau Delta annual convention in Minneapolis in early March. Sigma Tau Delta awarded nearly $80,000 in scholarships last year and Dr. Brewster said that in his new role, he hopes to continue to support those efforts.

"I plan to continue the focus of the society on student opportunities for conference presentations and publishing, giving out even more money in scholarships, developing more internship venues, and collaborating with other professional organizations in the field to promote the discipline of English in its many aspects," Dr. Brewster said.

Dr. Starr said Dr. Brewster is deserving of the national appointment because of his dedication to Westfield State's chapter.

"Dr. Brewster attends every local chapter meeting, even as he has become actively involved with Sigma Tau Delta at the national level," Starr said. "He's always there for our students and makes sure they apply for scholarships, submit their work to conferences and publications, and share their talents with our campus and local communities.

Dr. Brewster's election as vice president/president elect of Sigma Tau Delta reflects his commitment to supporting student initiatives and helping to promote excellence in writing, English education, and literary study."

Dr. Brewster said he is looking forward to his new responsibilities even if it means longer hours.

"When we have our extended meetings at the convention cities twice a year, we conduct serious business, with meetings from 8 a.m. to as late as 11 p.m., but we also have fun because of our shared interests and their good humor," Dr. Brewster said. "All of us care about our work and care about our students."

Horoscopes

Aries
(March 21 - April 20):
Things at work are going swimmingly! However, your boss is a Taurus, so expect a turn for the worse.

Taurus
(April 21 – May 21):
There will be a big surprise in your life when you take a football to the head on the green during your 8 a.m. trek to chemistry class on Friday.

Gemini
(May 22 – June 21):
The position of Venus predicts a promotion on the horizon for you, Gemini. Please note that Venus is a pathological liar.

Cancer
(June 23 – July 22):
The stars are sensing your newfound desire for a big change. They stars would like to report that your life will never change.

Leo
(July 23 – August 23):
Isn't it a bit strange that your friends' late night "study sessions" are at the bar?

Virgo
(August 24 – September 22):
All those new co-workers that you think adore you are all mocking you behind your back. Be sure to turn around more at work.

Libra
(September 23 – October 22):
All of your suspicions are correct. Everyone is out to get you. The stars advise you to invest in a more expensive security system.

Scorpio
(October 23 – November 21):
Scorpios like to wait for opportunities to fall into their lap. They also lack the charisma and talent essential to seize said opportunities.

Sagittarius
(November 22 – December 21):
Your new love interest is treating you like royalty because he is after your family jewels, but do you really care?

Capricorn
(December 22 – January 19):
The stars predict that you will live an exceptionally fulfilling life; however, I would not recommend believing in the predictions of such a ludicrous and unreliable source.

Aquarius
(January 20 – February 18):
You may feel like you are in control of your life, but the stars control who lives, who dies, and who tells your story.

Pisces
(February 19 – March 20):
The stars have not foreseen anything about your future, Pisces. I suggest barricading yourself in the basement in order to stay safe.

The Westfield Voice

The objective student press of Westfield State University

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The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

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The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

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opinions & editorials

FRIDAY, APRIL 15, 2016 NATHAN GODARD, EDITOR

D&J's Hash House: a diamond in the rough

Timothy Jaroche
Asst. Sports Editor

This past Sunday, I visited the Hash House in Southwick, MA. This breakfast spot is only ten minutes away from campus, and is sure to jumpstart your weekend. I have been to the Hash House twice now and it is the best breakfast spot in the area.

Other breakfast places nearby that I have been to include the Good Table, right across from Wings Over, and Sundae Pancake, which is across from the PAHK bar and grill. Neither of these two can compete with the Hash House's food quality, atmosphere, and reasonable prices.

My breakfast of choice consists of pancakes—often banana or blueberry—bacon, and chocolate milk. This is a pretty simple breakfast, but I am not an egg fan.

If you are a crispy bacon fan, then Hash House is the place for you. I have not witnessed them produce a soggy slice yet. Often breakfast places skimp on the side of bacon, but the Hash House does not. You can expect seven or eight pieces from this breakfast gem.

PHOTO FROM YELP.COM

What I have found at breakfast joints is that when you order pancakes, it means you are getting three, which can rarely be finished. At the Hash House, they charge $2.50 a pancake and you choose how many you want.

Being a college student, the budget often does not allow for a meal out. Fortunately the Hash House is very affordable and worth every penny.

For both ventures to the Hash House, I have not spent more than ten bucks, not including a tip, and have been more than full. This place is the ideal breakfast spot on a weekend morning after a long night.

There is no better way to start your weekend then by fueling up with bacon and flapjacks before you go on an afternoon hike.

Head over to the Hash House, but more importantly go out and find your own diamond in the rough.

Just because I like it does not mean we have the same taste, so get out there and find the place for you!

Outlets and their many forms

Nathan Godard
Op-Ed Editor

PHOTO FROM WORDPRESS.COM

I am of the opinion that everyone experiences times of intense anger and sadness, sometimes both at the same time. Some people experience these emotions more frequently than others. These emotions are natural to the human condition, so it is important to note that one is not abnormal because of the feelings they are experiencing.

The Bard himself, William Shakespeare, describes such intense feelings through his hero Hamlet in "The Tragedy of Hamlet: Prince of Denmark," where he asks that immortal question "To be, or not to be." Now, in this he contemplates the reasons for which mankind stays in this world through the "whips and scorns of time." He wonders, quite famously, why we do not "end/The heartache, and the thousand natural shocks/That flesh is heir to." Hamlet is, of course, incredibly damaged, and many strong feelings of both sadness and anger are exhibited in his behavior and his soliloquies. What Hamlet does not do is keep his emotions within him; he has an outlet.

Now, there are some outlets that are healthier than others. For example, in Hamlets case, there is a lot of self-deprecation involved in his venting. Not only that, but he also speaks to no one but the air. Other people use friends or family as an outlet for their anger by lashing out in the form of physical or verbal abuse. This does not help anyone, and only hurts those around you. There are resources for those with these issues, and if my reader believes he or she is doing any of this, I would urge you to seek help. For those who may be physically or verbally abused by someone in these circumstances, I would you to seek help as well you as well.

I believe that the healthiest outlets depend upon the individual, and sometimes the subject that is the source of this intense emotion. Sometimes that source can be difficult for an individual to put their finger on, but there are some simple outlets that can do wonders; however, the question I have is whether or not the normal outlets many people recommend are actually healthy.

Whenever an individual is going through a hard time and comes to me for help, they often tell me the story of what occurred; they use me as an outlet. Many times people tell me things that I am not comfortable with knowing, but for some of these people, I am their only outlet.

The truth is, as much as I listen, I am not a trained counselor or therapist. I am not qualified to give them the kind of help that, in the end, they may need more than a nod and a kind word. Of course, these things do not hurt; however, in my experience, they only diffuse the issue, and sometimes enable the issue to continue.

An individual should never have just one outlet, and using a friend, as that only outlet can be beneficial to a point. This can be unhealthy for the outlet, however, as they carry the emotional baggage of the person who has come to them for help. As much it is the purpose of a companion to be there for their friends, it should not be at the expense of their own mental wellbeing. Nevertheless, this is what is often primarily suggested to an emotionally unstable individual, or someone who just wants some help through a tough time in their life.

There are many other outlets that people use that others often suggest: drinking, partying, gaming, listening to music, reading, hiking, working out, etc.

Only a few of those, however, have been widely considered to be unhealthy. The unhealthiest outlet can be depending on a friend or acquaintance as their main source of comfort or council.

arts & entertainment

FRIDAY, APRIL 15, 2016 MONIQUE DESNOYERS, EDITOR

quick hits
as of April 11, 2016

Top 10 Singles
1. One Dance – Drake featurig Wizkid & Kyla
2. 7 Years – Lukas Graham
3. NO – Meghan Trainor
4. Panda – Desiigner
5. Pop Style – Drake featuring The Throne
6. Work from Home – Fifth Harmony featuring Ty Dolla $ign
7. I Took a Pill in Ibiza (Seeb Remix) – Mike Posner
8. Don;t Let Me DOwn – The Chainsmokers featuring Daya
9. Dangerous Woman – Ariana Grande
10. Never Forget You– Zara Larseon & MNEK

Top 5 Albums
1. Cleopatra – The Lumineers
2. Traveller – Chris Stapleton
3. Blurryface – twenty one pilots
4. Gore – Deftones
5. Hamilton (Original Broadway Cast Recording) – Various Artists

Top 5 Movies
1. The Boss
2. Batman v Superman: Dawn of Justice
3. Zootopia
4. My Big Fat Greek Wedding 2
5. Hardcore Henry

Upcoming DVDs
1. Fifty Shades of Black
2. Norm of the North
3. The Revenant
4. All Mistakes Buried
5. Ip Man 3

KNOWING TO COOK

Viticulture – Understanding Wine

Ryan Cashman
Voice Columnist

Based solely on outward appearances, I do not look like a wine person. For a couple of years, my friends postulated on what would be my drink of choice when I reached the legal age to consume alcoholic beverages. My drink of choice is the classic gin and tonic, which came as absolutely no surprise to anyone seeing as I am one of the few people who enjoy tonic water as tonic water. However, despite it being my preferred beverage, gin and tonics do not go with everything. In point of fact, as far as spirits go, gin is among the least friendly to pair or even cook food with.

Yes, there are recipes out there that make the amazing concoction of juniper berries, lemon peel, coriander, angelica root, orris, grains of paradise, cubeb berries, cassia bark, almonds, and liquorice work for a meal, but isn't a drink distilled from grapes easier to work with?

Of course it is. That is why wine has been, and will continue to be, the most popular and versatile drink in the food world. Being in Italy, I had the tremendous good fortune of being in one of the leading wine production countries on the planet. Toscana, in particular, is known for that wonderfully bold and rich red wine made world famous by the utterances of a cannibal attempting to intimidate an FBI trainee. Hannibal Lecter doesn't make it sound very appealing, but trust me when I tell you that Chianti is a fantastic wine that pairs much better with pasta and wild boar than it does with liver and fava beans. I may have just shot myself in the foot with that reference, but oh well.

Wine is both amazingly complex and simple. The complexity comes in the tasting and paring, while the simplicity comes in the making. You just have to be patient. Of course, not all wines are the same. Certain wines are derived from particular grapes, such as the Pinot Noir or the Cabernet Sauvignon. Grape harvesting typically begins in autumn, after the spring and summer of growth. They are then pressed to extract the juices and then the fermentation process begins.

I won't bore you with the scientific details of fermentation; the only important thing to know at this point in wine making is that this is when the grape juice becomes alcohol. Fermentation typically takes 10-15 days, after which the wine is filtered, flavored, bottled, and aged. Now in lies the complexity: how do you know if a wine has been sitting on the shelf or aged for too long?

Honestly, it depends on your taste. Speaking for Chianti, the wine I currently know best, the best point at which to drink it is when it has been aged for at least seven years. I was told this by a shop purveyor trying to convince me to buy more than one bottle, which I did. He was right, of course. At seven years all of the flavors in Chianti are balanced, smooth, and rich. Just be sure you're having company and a good meal when you open it so it can be finished; after it's opened, the longer it remains unsealed, the chances of it becoming vinegar increase.

Chianti aged over seven years or under seven years is still perfectly fine to drink too, the flavor just won't be as balanced. Of course you wouldn't know this unless you've got a perfectly aged wine to compare it to, so there is really no need to make a fuss over it if you're looking for a nice wine to pair with your evening dinner.

Here are a few more wine dos and don'ts. Never, under any circumstances, refrigerate red wine. White wines, though less popular than reds, pair excellently with seafood, lighter pasta dishes, and risotto. The best white wine is Pinot Grigio—no exceptions. Also, please, for the love of God, don't put ice cubes in your white wine. I beg of you, refrigerate it. Red wine goes well with red meat, pork, cheese, pasta, stew, and is all around more flavorful and versatile than white wine. If the recipe calls for 'cooking wine' ignore it; the wine you cook with is the wine you drink with. Wine snobs exist, I am one of them.

Most importantly, don't over think it. Enjoy your wine, either by itself or with a meal. In the grand scheme of things, pairing the right wine with the right meal doesn't really matter. The only people it matters to are food snobs like me, but to me this stuff is fun. Wine is one of the most flavorful and beautiful tasting liquids on the planet, which is only fitting because the vineyards they come from are equally beautiful.

One final note: good wine is not restricted to Europe alone. California, Washington, Canada, Texas, and even right here in Massachusetts, produce some truly stellar wines.

As always: buona tavola é mangiare bene!

Netflix users beware!

Joe Egitto
Voice Reporter

PHOTO FROM TELEGRAPH.CO.UK

To any and all Netflix users, I have an urgent message for you: as of next month, the television and movie-streaming site will raise their prices for a select group of accounts. Though it is true that it will not affect the entire customer base, a Business Insider article has suggested that the price change will affect roughly 17 million people.

If you are currently paying the full $9.99 per month then this will not affect you; the price is staying at $9.99. However, it will affect any customers who subscribed to the service in the glory days when it cost $7.99.

If you are one of those fateful customers, meaning you have been subscribed to Netflix since before May of 2014, then you will be forced to finally pay the full amount starting next month.

Some of you may be asking, "Why is this happening, Joe?" Well, my dear friends, there are a couple of reasons. Like any popular commercial entity, prices eventually rise due to changing inflation and times. It's a sad fact of life, but gas does not cost a nickel, a McDonald's hamburger does not cost 20 cents, and Netflix will now cost everyone $9.99.

Another reason for the inflated prices is that Netflix needs to take in more revenue to continue making critically acclaimed original content. Some of Netflix's most popular original series include "Orange is the New Black," "Bloodline," "Making a Murderer," and "Unbreakable Kimmy Schmidt," to name a few. Last year alone Netflix released 65 original shows, comedy specials, and movies.

So, what does this all mean for us, the viewers? If you are anything like me, I watch a majority of my entertainment through Netflix and have spent countless hours this semester alone catching up on some of my favorites. Even though this price increase is only affecting 37 percent of accounts in the United States, this could spell trouble for the streaming service and the rest of its customer base. As reported, out of the 17 million people over 80 percent said they had no idea that they were going to be affected.

This means that Netflix has been extremely lackadaisical in relaying this very important information to their users.

Sure the price will only be raised a couple of dollars from what it is now, but the disconnect from retailer to customer will undoubtedly sway many peoples' decisions to stay subscribed after next month.

And like any corporation, if subscriptions drop after next month and the company sees subsequent decreasing rates of revenue, then changes will most definitely occur; changes that may or may not be to the benefit of the viewer.

Regardless of what happens in the coming months, consider this a warning from your old pal Joe. If you are someone who might be affected, think wisely about the status of your subscription next month.

If you are not going to be affected, what are you doing reading this article? Get back to "Master of None;" that show is hilarious.

lifestyle, health & wellness

FRIDAY, APRIL 15, 2016

Yoga for the Gym Rat

Brendan Donahue
Voice Contributor

Virabhadrasana III
Balance

The most difficult out of the three. Known in Sanskrit as "Virabhadrasana III," this pose helps flexibility in the hamstring and calf of the rooted leg, while also improving your balance. As you drive your rooted leg into the ground, your other leg should rise and your torso should bend so it is as horizontal as possible.

Vasisthasana
Strength and stability

A.k.a side plank. The purpose of this pose is to strengthen and stabilize your core and to keep your shoulders as mobile as possible. It is important to keep your butt and core up and in line with your legs and your arms as straight across your torso as possible.

Virabhabdrasana I
Mobility and flexibility

A.k.a "Warrior I." This pose helps work your overhead shoulder mobility and hip flexors. It is crucial to keep your legs in line and your arms straight above your head. Your center of gravity should be right in between both legs (under your torso) and your feet should be driving into the ground like tree roots.

Let's face it, you have been putting in work at the gym pretty religiously for a while now, and your body is starting to catch up to your motivation. As the week goes on, you are becoming more and more sore as your muscles repair themselves from your previous workouts. You have tried foam rolling post-workout in the past, but self-myofascial release is only pain relieving to a certain extent. You feel stuck because you do not want to be in pain anymore, but hitting the weights gives you a feeling that no other activity could reproduce.

I have been in this same exact situation and it is horrible. I would look at these professional body builders who could train heavy and hard every single day for weeks at a time, and wonder how their body could possibly handle that much repeated stress. I found that sponsors and coaches would help these bodybuilders by providing professional physical therapists to massage them four to five times a week.

Most of us "gym rats" do not have these sponsors or coaches, so physical therapy is a lot harder to acquire; however, there is one method that many people, athletes or not, tend to overlook: yoga.

Look, I know what you're thinking, and you're wrong: yoga does apply to you. Rich Roll from mindbodygreen.com states it perfectly in his article "Why Every Athlete Should do Yoga" when he says, "EVERY athlete–irrespective of sport or discipline—has the potential to enhance his or her ability by adopting a consistent yoga practice." This is because yoga is one of the best methods of dynamic stretching, and has numerous benefits.

Dynamic stretching pre-workout is great because you are essentially telling your muscles that they need to "wake up and warm up" in order to perform at their full potential. I have always been taught to think of my body as a car engine. On cold mornings, when you turn on your car for the first time, the engine is freezing because it has been stationary all night. So what do you do? You wait and allow the engine to heat up before driving away, because you know if you just turn it on and start driving, there is a higher probability of a mechanical failure.

Working out without warming up can do the same to your body, and that

See **DONAHUE** on page 15

from **DONAHUE** on page 14

is why dynamic stretching in the form of yoga is so beneficial.

Furthermore, yoga helps our bodies physically because, over time, it increases the flexibility and mobility of your muscles and joints. Without flexibility, movement becomes extremely difficult, especially when it involves moving and lifting weights.

Compound Olympic lifts such as stiff legged and regular dead-lifts, front, back, and overhead squats, as well as any type of over-head press require more range of motion then other more basic types of lifts. Due to this, gym-goers performing these lifts would benefit from yoga even more.

In addition to preparing the body to work hard and improving flexibility, yoga also benefits "gymletes" by helping them improve their breathing during workouts. Go to any gym and ask any trainer what the most important thing to do while working out is, besides form, and nine times out of ten they will respond with "breath control."

Our bodies operate the best when our oxygen intake is controlled and consistent, and this is why yoga is so helpful. Yoga teaches various ways to focus and manipulate your breath, and when this is carried over from mat to weight rack, performance is increased.

Your focus shifts from trying to get air into your lungs to full body and mind attention. This is, without a doubt, one of the best tricks any gym-goer trying to achieve goals in the weight room could learn. Focusing less on breathing means more focus on their set, which ultimately means quicker results. What gym rat doesn't want faster results?

With all of these physical benefits, it is very easy to look past the smaller, more hidden benefits that come along with a consistent yoga practice. The mind to muscle connection is one of these benefits, but if you do not realize it is there, you will not be able to use it in your training. Yoga helps find this connection because when you partake in yoga, you tend to become more grounded.

You learn more about your body, and channeling this mind to body connection in your training opens up a whole new world. It is almost as if you can feel your muscle fibers tearing on every rep while you chase the "pump;" you start noticing that goals are becoming easier to achieve because nothing stands in front of your focus.

I have provided some pictures of myself doing some very simple yoga poses that you can try before and after your workout that will definitely help improve your mobility, flexibility, core strength, and mental focus.

Each of these three poses should be held for 15 to 20 seconds before and after each workout, and it is important to keep your breathing slow and steady when performing them. As you progress in your yoga practice, you can incorporate more and more poses that work different areas of the body. Take them seriously and focus on each one.

Now that you know a little more about yoga, hopefully you can see how it can play a major role in improving your gym performance. Not only are there numerous benefits from this ancient art, but also it is fun. You learn to appreciate the slower, more relaxed body movements while becoming more flexible, mobile, focused, and driven.

There is one very important thing to remember: yoga is not one of those activities you learn to master after a couple of tries. Yoga requires patience and practice, just like learning to dead lift or squat.

Listening to your body and going at your own pace will get you a lot further and eliminate the chance of injury.

Try to avoid any type of handstands or deep poses that target highly sensitive areas until you are more comfortable with the basics.

Doing all of this will most definitely help your overall performance in the gym and help you reach those goals that once seemed impossible.

Now, get back to mentally preparing yourself to crush that gym session you were planning on doing today after you do yoga!

Yoga: a gym rat's new best friend

Awentree of Easthampton:
'a magickal shop welcoming to all spiritual traditions'

Mandy Harfst
Voice Contributor

PHOTO PROVIDED ON AWENTREE.COM

Years ago, a middle-aged woman with curly brown hair worn messily atop her head walked into a shop and made an amazing discovery. Melissa Vanek is an earth-centered soul. A lover of nature, she considers herself to be a listener of the trees and the bees. She can often be found by a hive with a small honey bee on her palm. She does not fear them.

"Honey bees are just like people once you understand them," says Melissa.

While many shrink away in fear at the sight of bees, Melissa revels in their sacred purity and has a farm called DragonFly. Within the farm is a bee hive by the name of Dancing One.

Melissa is a member of a group called Elders of Old World Witchcraft. She learns a lot from them. She has always been drawn to magical places and one day decided to explore a little shop on Cottage Street in Easthampton, Mass. The first time she was passing by Awentree, going in didn't feel right. The second time she paid a visit to this gem in the form of a quaint little pagan shop, she went in, and she has visited regularly ever since.

Awentree is a central meeting ground for a wide array of people, many of whom consider themselves to be witches, alternative healers, or psychics. People of all beliefs or religions are welcomed into the shop.

"I go there to make connections and find friendships," says Melissa.

This is the reason many go to Awentree for the first time. Most have only good things to say about the shop. Regarding alternative shops in general, the wider population has a mixed view. Some people that were asked about shops like Awentree were skeptical.

"Yeah I know it. It's where all those hippie witches meet and get up to bad things likes witchcraft. You couldn't get me to set foot in there," said one man from Holyoke.

While these types of opinions of Awentree are rare, it does give the place a certain type of stigma. People that are involved in alternative healing or nature-based religions are sometimes singled out as being weird. Sometimes they are even considered evil by people of certain religions. Awentree is a place people can feel safe and be free from judgement. While only .7 percent of the US population is pagan or follows a nature-based religion, it is unsurprising that many are misinformed about it.

The shop itself is a unique-looking place. When people look in the window, they can see a sparkling array of paper flowers in all different colors hanging about. A black and green Goddess statue looks out onto the road. A wave of delectable scents is fragrant even from a distance. Incense and essential oils such as rose or sage are the most prominent smells. Music of a soft melodious variety that is soothing and empowering can often be heard in the background. To the right, on a dark wooden shelf are tarot card decks of all sizes. There are darker-colored ones with the name Witch's Tarot and others called the Faery Oracle. Magic wands made by a local witch can be seen in the back. There are straight and curvy ones made of multiple types of wood with shining crystal points on the end.

Perhaps the most noticeable of all fixtures within the shop is the curly redheaded shop owner, Winifred Tannetta. She greets all that enter the shop and often offers assistance finding certain items. Oftentimes she lends advice about what to buy for certain magical purposes. Winifred considers herself to be an alternative healer of sorts and gives tarot readings to customers.

Not long ago, a young brunette woman with a cat t-shirt entered the shop seeming somewhat distraught. She had just gotten out of a bad relationship and was having trouble with her ex- boyfriend.

"I don't know what to do. Is there some kind of hex I can do to keep him away?" The woman volunteering at the shop at that

See **HARFST** on page 22

Vulnerability means to love even when it hurts

Jessica Gray
Voice Contributor

PHOTO FROM HUFFPOST.COM

This is the part of embodying the goddess that I have been preparing you for. It will feel easy to read, but may be hard to implement in your life. I hope that I have given you the guidance and confidence to embody the goddess with your vulnerability; it is so beautiful.

This article could be the most life- changing part in the whole series, and the exercises I have given you have prepared you to go deeper into your spiritual growth. You might not be at a place where you can embody this third exercise and that is okay! I invite you to keep coming back to these articles and reviewing the exercises any time you feel that you need goddess inspiration.

These practices show that vulnerability is not about bowing down and giving up your power to another. Vulnerability is your raw truth; it is being honest with yourself about your feelings, needs, and desires. It is the embodiment of the feminine.

But what good is feeling our emotions and forgiving them if we shut down right after and do not let anything in? It feels challenging to remain open and ready to respond in love when you feel hurt, anger, or pain; however, that is the final step in embodying the goddess. That is why vulnerability is such strength. It does not close you down. Vulnerability gives you the strength to open your heart and soul even wider.

Unfortunately, no yoga practice can ever take away experiencing hardships and pain; there always will be. A goddess lets the painful emotion flow and witnesses it fully. She does not shut down after the emotion has passed; she lives with her heart and soul open even wider.

This allows for more room to respond with love and to receive love, whether it is from a friend, a lover, or the Universe.

It is my hope that with these exercises, you reconnect to your goddess, because she has missed you and feels ready to embrace and caress you once more.

Exercise 3: If in the moment you feel like shutting down, open your heart even wider! To do this, become aware of the emotion. Acknowledge its presence. Speak it to yourself either silently or out loud. Feel the emotion and the energy in your body.

Even if it feels uncomfortable, sit with that feeling. Allow what you are feeling to open you both energetically and physically. Then, when you feel that it has passed like a wave, forgive the emotion. Say, "I forgive this emotion."

This is how you love the Universe and Mother Nature, and make love to the cosmos. This is how a goddess is awakened.

~*~*~*~*~*~*

Do you write papers and essays for class?

Do you write in any form?

Are your open letters just not open enough?

Then you should write for The Westfield Voice!

~*~*~*~*~*~*

owls athletics

FRIDAY, APRIL 15, 2016 MICHAEL BARRY, EDITOR

Six-game winning streak leaves women's lax hopeful after tough loss

Sandra Mercer
Head Copy Editor

PHOTO FROM WSU ATHLETICS

Women's lacrosse suffered a tough loss this Saturday to the Fitchburg State Falcons, but their determination and stamina made the game memorable all the way through to the final seconds.

Though the Owls lagged behind by three for the beginning of the first half, #14 senior Roni Orcutt and #12 freshman Marissa Nimeskern brought Westfield back into the game with a goal each. With just 2:13 remaining in the first half, another goal by Fitchburg gave them a 4-2 lead against Westfield.

The second half started off rough for the Owls. Two more goals from the Falcons with a little less than 18 minutes remaining in regulation left the Owls down by four.

This did not stop Westfield in the slightest. After a goal from #2 Samantha Coyle with 14:13 remaining in the second, the Owls stepped up their game to secure the final three goals of the half, making the score 6-5.

Both Orcutt and #16, senior captain Blair Smith, came out strong in the second half. Smith, the Owls' points leader, secured an unbelievable unassisted goal at 11:45, her 15th goal of the season. Orcutt followed suit with her second point of the game at 7:05. After a shooting space call in the Owls favor with less than 20 seconds left in the second half, Smith took a wide shot; however, Orcutt's speed allowed her to nab the ball and nail in the stellar, game-tying point with a mere seven seconds left in regulation.

The sudden-death overtime left the crowd in suspense. #30 Mimi Khampaeng, Owls goalie and senior captain who totaled an incredible nine saves throughout the game, deflected Falcon Kayla Panek's shot, but ultimately could not get the save. The Falcons took a 7-6 win over Westfield 44 seconds into overtime.

Though this is the end of the Owls' six-game win streak, both teams currently have 7-4 records.

Women's lacrosse will play at Western New England at 7 p.m. on Thursday.

Curry and the Warriors compared to Jordan's bulls

Tim Jaroche
Asst. Sports Editor

PHOTO FROM PIXELSTALK.NET

This season, the Golden State Warriors have the chance to win 73 games and surpass the record set by the Chicago Bulls during the '95-96 season, who won 72 games in a season. At the beginning of this season, analysts made their predictions and some thought the Warriors would have a chance at the record. Well, here we are with one home game to go against the 42-38 Memphis Grizzlies.

In tying and possibly breaking the Bulls record, analysts are asking if they are really as good as the team led by Michael Jordan and alongside Scottie Pippen and Dennis Rodman.

Everyone can take sides and say whether one team is truly better than the other, but a definitive answer will never be reached. Scottie Pippen of the Bulls claims his team would sweep today's Warriors in a finals matchup, but he has nothing but respect for the Curry led team and what they have done this season. Pippen said with the game being more spaced out, Jordan would be eyeing 50 points a night.

After doing some research on league averages from the '95 season and the current season, I was surprised to find that stats like points, personal fouls, and free throws per game were not as far apart as expected. Back then, there was a lot more physicality allowed, and many calls they make today would not be called as frequently. Somewhere in the game, however, these calls were made up for because the current league average for personal fouls per game is 20.3, and they were 23.0 in '95. To go along with this, the current average for free throws attempted per game is 23.4 today as compared to 26.4 in '95.

The biggest change in the game over 20 years is the physicality allowed and the amount of scoring done. Today, it is not uncommon for a team to score 120 points in a game. The league average this season is 102.6, compared to 99.6 in '95. The lowest the scoring average has dipped between these seasons was in '98-'99, when the average was 91.6. There is not a clear increase or decrease in scoring over the years; it changes year to year. These two seasons are more similar statistically than one would have guessed.

Once the regular season is over, this record will be history and every playoff team will be 0-0. If the Warriors repeat as champions, more and more comparisons will be made to the Bulls and between Jordan and Curry.

Knowing that a definitive answer will never be reached, I think today's fans should step back and appreciate the history being made right in front of us.

Do you like sports?

Do you have a favorite sports team?

Do you like to talk about sports?

Then you should write about sports for The Westfield Voice!

Bruins fall short of post season for second year in a row

Jack Corsi
Voice Reporter

PHOTO FROM TBHMC.COM

After a season of ups and downs, the Bruins finished Saturday with an embarrassing 6-1 defeat to Ottawa. Let the anger and depression set in: the Bruins will be missing the playoffs for yet another season.

I place a lot of the blame on the front office, and not the coaching. Don Sweeney came in and said things would change. He made those changes at the draft, but not at the deadline.

That is a big mistake in my eyes because he had the chance to pick up a top four defenseman and he blew it. They have John-Michael Lilles, but that was not nearly enough. Stempniak was also an okay pick-up, but again, he did not make the right moves.

Saturday's loss cannot be put on Julien. It is not his fault that the Bruins looked uninspired during the second and third stanzas. He did his job, but sadly it may be time to move on from Claude. It will be a huge mistake, but what else is new with this organization?

Thursday, we all thought Boston was in and had control over their destiny. Well, we were all wrong. They did not, and it showed the flaw in the system. It does not make sense to anyone that head-to-head is not the first tie-breaker. This is just a big fat complaint that I have had with the system for years, and it needs to change.

The defense flat out stunk on Saturday. Sweeney needs to sit down and figure out the problem. Chara and Seidenberg need to step away, retire, or be moved.

Kevan Miller is awful, which is sad because he seemed to have promise a few years back. That all changed after his upper body injury, and he has not been the same.

Krug and McQuaid are too inconsistent, and if they want to be the top pairing they need to do something; however, I really like what I am seeing in Colin Miller, Zach Trotman and Joe Morrow. At such an early stage in their career, these three have the potential to develop into top six guys in two to four years.

Seven million dollars a year and Tuuka Rask apparently could not afford a flu shot. I am not blaming Tuukka for the loss, but not having him on the ice killed the Bruins.

I love Tuukka Rask, and I think he is the guy to be in that net. Unfortunately, he is not a top five goalie in the NHL anymore. Rask needs to step up next season. I am not mad at Tuukka; I am just disappointed.

Rookies are coming up next year, and vets are on their way out. It is time for a youth movement in Boston. The Bruins need to get the young bloods in the lineup, such as Griffith, Czarnik, Vatrano, Zboril, and Senshyn. Let's get speed with Krecji and Bergy as well.

It will aid their career numbers if they have young guys next to them. Look at when Pasta and Krecji played together; a young guy and a seasoned vet together were dynamic. That is what we need to do.

I am hopping on the Blackhawk bandwagon again. It was lots of fun last time around, so I might as well go there again. We still have a few months until the draft and a lottery pick, so let's hope we make something out of it.

Westfield baseball receive votes in NEIBA poll

Michael Barry
Sports Editor

PHOTO FROM WSU ATHLETICS

The Westfield State Owls' successful 2016 campaign has not gone unnoticed as the team received votes for NEIBA division three rankings.

NEIBA is the New England Intercollegiate Baseball Association, and they are the governing body for college baseball in the New England area. While the Owls had a record of 12-11 overall at the time of the voting, their strength of schedule and success in the MASCAC impressed NEIBA voters.

The Owls have been in a bit of a slump as of late, going 3-3 since their postponed game that was scheduled to be against Mitchell College.

Against MASCAC rival Worcester State, Westfield split a double-header and lost the first contest by a score of 5-3. Thankfully they were able to redeem themselves in the second game, winning 2-1.

In the first game of the day, the Lancers were aided by a phenomenal pitching performance by Tyler Barrie, who had a no-hitter through five innings. Barrie finished the day with six innings of work and an impressive nine strikeouts.

The second game of the day was low scoring on both ends; however, Westfield was able to get on the board early as Christian Morales reached home from third after a throwing error by Worcester. John Gegestskas received the win for the Owls, pitching six innings and striking out five batters.

The Owls played a second double-header the next day against another in-conference rival, Bridgewater State. Westfield faired much better in this series of back-to-backs, winning both games.

The first game was a close one, resulting in a 4-3 Westfield victory. Down 3-2 in the eighth, pinch hitter Steven Brown drove in senior Connor Sheridan to tie the game. Later on in the inning, Bridgewater State reliever Thomas Protentis loaded the bases, and in the next at bat, he recorded a costly walk, which ultimately drove in the game-winning run for the Owls.

In the second game, there was less stress in the later innings, as the Westfield bats got hot early. Westfield was able to drive in four runs in the opening inning and Bridgewater was not able to recover. Senior pitcher Matt Nunes earned the win, pitching six innings and only giving up one earned run.

Unfortunately, the momentum of three straight MASCAC wins was not able to carry over into the teams next few contests as the Owls have dropped their last two games.

In an absolute heartbreaker, the Owls lost 8-7 in an out-of-conference game against the Coast Guard Academy. The game was a back and forth contest dominated by offense. Both teams bats were hot all game, but unfortunately for the Owls, it was the Coast Guard Academy who had the better night.

The Academy scored two runs in the bottom of the 8th to take the lead, and pitcher Dan Finn was awarded the win in relief.

In their most recent game, Westfield suffered a crushing one-sided loss to Western New England by a score of 11-2. Western New England has had a fantastic season, and showed why they have been so successful in this one. The first four batters in their line up combined for an 8-16 day at the plate, eclipsing the ten run mark for the sixth time this season.

This was a very sobering loss for the Owls, showing that even though they have had a successful season, there is still plenty of work to do.

The Owls take the field again at home in a double-header against in-conference rival Framingham State. The first of two games is scheduled to start at 3:00 p.m. on April 16.

From **HAFST** on page 16

time helped her find alternatives. The girl left with an incense stick and a stone to keep negativity at bay.

A lot of people come in with questions such as "What kind of stone would be good for prosperity?" or "Which essential oil should I use for consecrating my wand?" Winifred or Dawn Rising are quick to help people with inquiries or concerns.

Some others, like Melissa, often go in for the workshops Awentree offers. Raven Grimassi and Stephanie Taylor occasionally offer workshops on a variety of different subjects. Melissa thinks it is lucky that the Grimassis live so close. Raven is the cofounder of the Ash, Birch, and Willow tradition of Old World Witchcraft. Stephanie is a third-degree initiate of a Celtic Traditionalist system of Wicca. Winifred herself often teaches tarot classes and Dawn Rising holds a monthly open-moon ritual for all who wish to celebrate the moon and the changing of the seasons.

Awentree offers a way for people to come together and learn. Many cannot get enough of it.

"I wish it were easier to bring everyone together in an inclusive regularly. I believe that will come as we all change energetically and the land in our area changes energetically. We are moving towards connection," says Melissa.

Jennifer, an Easthampton local with long blonde hair, says that Awentree to her is a place of belonging. It is a place that she can feel included and get to know other people like her.

"There is no judgement at Awentree based on what you know of don't know," Jennifer says. "It is a way to feel a part of something great."

Jennifer, a generally shy person, feels able to talk more openly while at Awentree. It is a place she can feel comfortable to be who she is.

Many who are involved with Awentree like that it is a helpful place in the community. Winifred is the coordinator of Western Mass Pagan Pride Day, a big community event where people can gather and celebrate Paganism and earth-centered religions. There is an annual food drive where people can donate to help feed those that don't have enough to eat. Winifred says Awentree also helps out with other community donations.

The shop has had its ups and downs as a business as well. There was a neighbor once that lived above the shop who complained about noise. He got some of Awentree's activities shut down for a time. It was difficult because not only was some of the revenue for the shop lost, but people missed out on their drumming circle and other regular shop events. Eventually the neighbor moved out, and events were able to return to normal again.

Winifred says, "There have been setbacks like there are in any business. Overcoming it is a challenge, but Awentree has been doing well."

From **MERCER** *and* **SARNELLI** *on page 3*

tee meeting.

Lees went on to emphasize once again the importance of educating young people about the reality of how plastic is disposed of in landfills and how long it takes for these items to decompose.

"The ultimate goal is to help the environment," said Lees.

Dina returned to the podium and reported that Phi Alpha Honors Society is looking for volunteers for their Foster Change with Spare Change event on the campus green Saturday, April 23 at 10 a.m. Students are encouraged to reach out if they are interested in volunteering for this event.

Marissa Cremin reported on behalf of Community Relations and Fundraising, stating that the dress drive held last month was immensely successful, bringing in over 100 prom dresses for high school students in the area who could not afford to purchase a dress.

Jon Cubetus, vice president of academic life, reported that the last day to withdraw from this semester's classes—with a faculty signature—is April 15. He also mentioned that next Tuesday, April 19 will follow the regular Tuesday schedule, even though Monday is President's Day and there are no classes. Cubetus also reminded students that the last day of classes is May 9, with May 10 as a reading day.

Vice President of Programming Haley Batchelder talked about a new addition to this year's SpringFest, which will be an open mic night hosted by WSKB. This event will take place from 7-9 p.m. on the Friday of SpringFest. Anyone is encouraged to participate.

Brendan McKee, executive secretary, reminded students that voting for SGA and Class Council positions will take place from Tuesday, April 19 to Wednesday, April 20 on myWestfield.

The next meeting of the Student Government Association will be April 19 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

Interested in student government?

Want to be an SGA correspondant?

Contact the editors-in-chief and join The Voice!

Games & Leisure

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90's Songs

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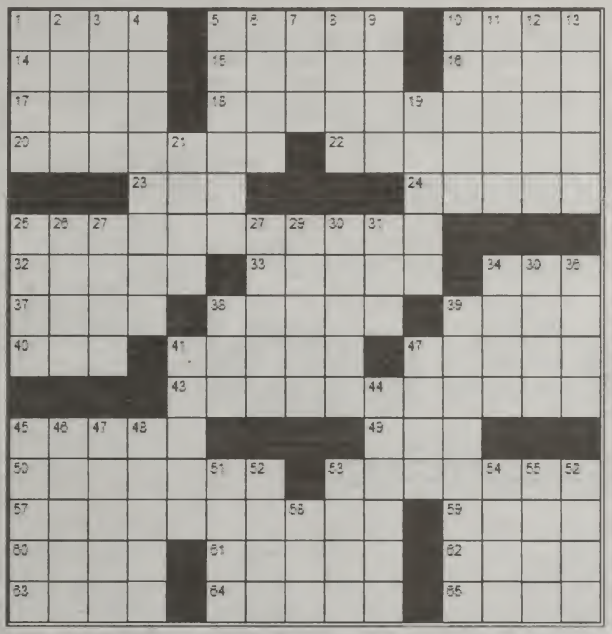
AGAIN
BABY, BABY
BAILAMOS
BARBIE GIRL
BELIEVE
BOOMBASTIC
CAN'T STOP
CRUSH
DANGEROUS
DOWNTOWN TRAIN
EMOTIONS
ENDLESS LOVE
EPIC
ESCAPADE
FANTASY
FUNKDAFIED
GETTO JAM
HONEY
IRIS
LET'S RIDE
LINGER
LONGVIEW
LOVE IS
MOTOWNPHILLY
MOUTH
MY WAY
NAME
NO SCRUBS
NOBODY
ORDINARY WORLD
PLUSH
REAL LOVE
RUNAWAY
SLAM
SMOOTH
SPOONMAN
STAY
STRONG ENOUGH
SUMMER GIRLS
THE SIGN
THIS KISS
TODAY
TOO FUNKY
TWISTED
UNDERSTANDING
UNSKINNY BOP
WEAK
WONDERWALL



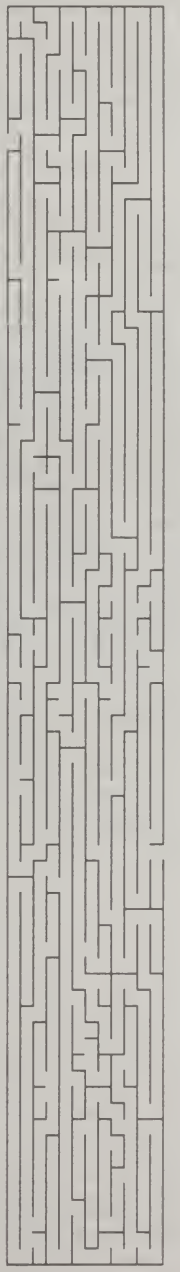
ACROSS

1. At the peak of
5. Swift
10. Chums
14. Mongolian desert
15. Backward-looking
16. Operatic solo
17. Ear-related
18. A preacher
20. A rapid escape
22. Gist
23. Long-haired wild ox
24. Amount of hair
25. Covetous
32. Spring
33. Point of greatest despair
34. Knave
37. Wings
38. Electrical pioneer
39. Calyx
40. Crimson
41. Analyze syntactically
42. Delete
43. Singer or comedian
45. Narrow fissures
49. Belief
50. Nickname
53. A sheep
57. Deductive
59. Grotto
60. Cleave
61. Near
62. Type of sword
63. Tall woody plant
64. Lumberjack
65. Writing table

DOWN

1. All excited
2. Carry
3. Death notice
4. Petty
5. Some circus performers
6. Tax
7. Estimated time of arrival
8. Sea eagle
9. Clothing
10. Hay baling machine
11. Pee
12. Platters
13. Satisfies 19. A chemical compound
21. Pause
25. A long way off
26. ___ slaw
27. Thigh muscle
28. Unreactive
29. Thigh armor
30. Lazybones
31. By means of
34. Greenish blue
35. Backside
36. A whitetail
38. Buff
39. Frowned 41. Annoying
42. Lack of difficulty
44. Rudder
45. Clever
46. Hermit
47. Absurd
48. Diacritical mark
51. Carve in stone
52. Anger
53. Headquarters
54. Adhesive strip
55. Nights before
56. Stink
58. Bovine

Maze



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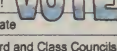
THIS WEEKS EVENTS

Date	Time	Event Name	Location
4/15	4:30p	Memphis Themed Dinner at the Dining Commons!	Dining Commons
4/15		Day of Silence — Support the LGBTQ community!	
4/15	9:00p	International Fashion Show — Tix are $2 at the door	Scanlon Banquet Hall
4/16	4:30p	Day of the Mushroom!	Dining Commons
4/16	12:00p	WSKB Spring Concert	The Green
4/16-17	12—4p	Fitness Center Hours — Patriots Day Weekend	Ely Fitness Center
4/18	3—10:30p	Fitness Center Hours — Patriots Day Weekend	Ely Fitness Center
4/18		NO CLASSES MONDAY — Patriots Day!	
4/19		Tuesday 4/19 is a normal Tuesday schedule!	
4/19		National Garlic Day!	Dining Commons
4/19	1:00p	Reflecting on Semester Progress: Planning Finals Week	Banacos Center
4/19	3:30p	Softball v. Springfield College	Alumni Field
4/19	4:00p	Celebrate 400 Years of Shakespeare!	Loughman LVG Room
4/19	7:00p	Women's Lacrosse v. Bridgewater State	Alumni Field
4/19-20	9a—11:59p	VOTE for YOUR SGA Executive Board and Class Councils!	MyWestfield
4/20	10:30a	Commuter Brunch — Hosted by the Fitness Center	Tekoa Room
4/20	4:30p	FREE! Wicked Wings Event	Dining Commons
4/20	8:00p	Trivia Night	Owl's Nest
4/21	11a—1p	Pet Therapy! Pet the puppies!!!	The Green
4/21	5:00p	Student v. Food: HOT DOGS	Dining Commons
4/22	11a	Earth Day: Weigh the Waste	Dining Commons
4/23	8p	MR. WESTFIELD! Benefit for the Make-A-Wish foundation!	Dever Stage



Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mhalloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

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Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

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The Westfield Voice

FRIDAY, APRIL 22, 2016

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Sodexo to leave WSU

Sandra Mercer
Head Copy Editor

PHOTO FROM SHAWMUT.COM

During this week's Student Government Association meeting, Student Trustee Justin Connolly announced that the University had officially terminated its contract with Sodexo dining. Dr. Kimberly Tobin, vice president of administration and finance, assisted Connolly in answering questions regarding this change.

Instead of Sodexo, the University will be using UMASS Amherst's food services as a guide as they move forward with this new, university-run dining service, which will go into effect on July 1, 2016.

"We really want to give you food that you love, not that you tolerate," said Tobin.

Many senate members were concerned about the fate of the current DC workers because of this sudden change. Tobin assured that the University was in the midst of working on this. Many of the workers are University employees, so they would be able to stay with the University's dining service. The University is still negotiating the contracts of the managers who work specifically for Sodexo, but they are willing to buy out some of these people and take them on as University employees.

"We're committed to the employees," Tobin assured.

Class of 2016 representative Shannon Cullinane asked if the proposed to-go cup program that Maria Lees spoke to senate about at last weeks meeting was still to be enacted.

"There's a lot more to sustainability than charging you for cups," Tobin said.

In regards to the future of dining sustainability, Tobin said that the quality of the food would drastically change. Where the food would be coming from, as well as reduction in food waste, would be priority. Smaller portion sizes and changes in serving methods would be part of these changes as well.

Marissa Cremin of the community rela-

See MERCER *on page 2*

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Press Release
Mr. Westfield

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Day of Silence
Mother Earth

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'Knowing to Cook'
MTV Movie Awards

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Just Do Yoga
Breathing Exercises

Sports pages 20-24
Women's Lacrosse
NFL Draft
UFC

The objective student press of Westfield State University

VOLUME VII, ISSUE XXII

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

from MERCER *on page 1*

tions and fundraising committee asked about the future of the Sodexo scholarships, and Tobin guaranteed that the scholarships would not go away; however, in the future, these scholarships would not be under the Sodexo name.

Rebecca Kennedy, University Hall representative, asked if there would be a Sodexo bucks equivalent with this new dining service. Tobin said that there would be, but like the scholarships, they would not be through Sodexo and would no longer be called Sodexo bucks.

"They will be negotiated in a way that works for students," Tobin said.

Lammers Hall Representative Molly Lucey was curious about the fate of the MyZone and Simple Serving stations in the DC, which are reserved for students with food allergies and other specific food needs. Tobin said that these types of stations would remain in the DC, but would be improved and more efficient than the current stations.

Brandon Trafford, vice president of finance, asked if Tobin knew how much money would be saved by terminating the contract with Sodexo with the University running the dining services as a self-operation.

Dean of Academic Technology Tom Raffensperger speaks at April 19 Student Government meeting in regards to changes to free printing on campus

Tobin first explained to senate that the University had been working with Sodexo since 1994 and was supposed to be in a contract with them until 2021. From 2008 to 2012, the University took out loans through Sodexo. The early termination contract requires that the University pay back these loans, which total $700,000. Tobin said that the University was paying these loans back gradually every year anyway, and that the $700,000 would be paid out of a DC reserve account and not from students' pockets.

In regards to finances in the future, Tobin said that it depended on the meal plans going forward, but approximately $500,000 to $700,00 could come back to the institution in additional revenue.

"I think you will be amazed when you come back in September," said Tobin.

Dean of Academic Technology Tom Raffensperger also spoke at this week's SGA meeting in regards to the future of printing on campus, a topic brought to SGA a few weeks prior.

Raffensperger spoke to senate about a proposal to allocate 400 sheets of paper per year for each student at no cost. After this initial allocation, each additional sheet of paper printed would be five cents a page. This proposal is aimed at saving money, trees, and reducing the University's carbon footprint.

If every student on campus printed under 400 sheets of paper, it would save the University anywhere from $15,000 to $20,000 per year. Raffensperger assured senate that the University would not be making money, but rather saving money, as the University loses money on paper every year.

Raffensperger also stated that over 80 percent of students would not pay anything for printing over the course of the year, as the average amount of pages printed per student each year is 263 pages. Raffensperger also pointed out that even if a student were to use double the amount of free allocated pages, they would still only be paying ten dollars.

Raffensperger also mentioned that printing on campus really was not free to begin with; students technically pay for their printing through tuition and fees.

This allocation would be generous compared to other universities in the area. Salem State University, for example, charges students ten cents for each printed page, totaling five dollars for every 50 pages printed.

In another attempt to reduce the amount of paper used on campus, faculty and staff would be offered training in this regard. As many faculty and staff members require students to print out several hundred pages of PowerPoint slides and various articles, this would be one of the main focuses for the training. Faculty and staff would be encouraged to find other ways to convey this information, rather than having students print in large quantities.

Michael Guertin, class of 2019 representative, asked Raffensperger if printing for a club would be included in the 400-page allocation. Raffensperger said that although this was still being discussed, printing for clubs would probably be included in the clubs' budgets. Other institutions with similar printing alloca-

see MERCER *on page 26*

TOGETHER WE CAN MAKE CHANGE HAPPEN

MASSPIRG Students

MASSPIRG is a statewide, student-funded and student-directed non-profit organization working to make concrete change on social and environmental issues. We work hard to protect public health, consumers and the environment from large special interests in government, and we use the power of student activism to do it.

Want to make a difference? Sign up to volunteer on one of our campaigns!

New Voters Project
Stop the Overuse of Antibiotics
Commit Massachusetts to 100% Clean Energy
Make Textbooks Affordable
Save the Bees!
Hunger and Homelessness

MASSPIRG Students at Westfield State got started in 1974 when students voted to pool their money through an $9 per-student, per-semester waivable fee. These resources are used statewide to hire professional staff like lawyers, advocates, and organizers to work on issues students care about.

masspirgstudents.org/westfield

MASSPIRG at Westfield State University

@MASSPIRG_WSU

campus news & life

FRIDAY, APRIL 22, 2016

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
Emerson College held their first TEDx talk on April 9 to discuss issues surrounding transphobia, black visibility, and ergonomic education. This event was hosted by sophomore journalism major, Sean Stackhouse, and was attended by 40 people.

The New Hampshire,
U. OF NEW HAMPSHIRE
After a series of university policy violations and run-ins with UNH and Durham police departments, The Pi Kappa Alpha (Pike) fraternity has been unrecognized by UNH. The fraternity will no longer receive support, oversight, or advisement from the school.

The Daily Collegian
U. OF MASS AMHERST
This past Sunday, the UMASS women's lacrosse team scored a whopping 19 goals, defeating the La Salle University Explorers 19-3. The Minutewomen previously had another high-scoring game against St. Bonaventure with 23 goals.

The Washington Square News,
NEW YORK UNIVERSITY
NYU's Project InterACT is organizing a walk in Washington Square Park scheduled for Sept. 2016 to celebrate mental health. The organization's photo campaign initiative was created by three NYU students last fall to address the mental health issues students at the university faced.

Life and death of Lewis B. Allyn still shrouded in mystery, part 1

Brandon Peddle
Voice Reporter

It was a late, balmy night when Lewis B. Allyn left work at the Westfield Testing and Research Laboratory on May 7, 1940. His black rounded spectacles covered the eyes of his square face, his gray hair blowing softly in the wind. He had donned the gray hair early in his life, giving rise to the nickname "little gray man" on account of both his hair and stature. He passed by the hissing gas lamplights in front of Westfield Gas and Electric that illuminated the building.

The buildings that Allyn passed on his brief trip home were certainly different than the ones we see today. Westfield was once known as an industrial town, and is still known today as "whip city" because of its significance in their manufacturing of them.

Today, it is undoubtedly a college town, with Westfield State University continually expanding and increasing their presence in the downtown area. A recently leveled lot sits parallel to the right of Allyn's former research laboratory. The Maple Leaf sits behind it, with the Central Baptist Church directly across the street.

One can speculate what Allyn was listening to on his ride home. Jazz music was dominating the airwaves, with the likes of Duke Ellington and Benny Goodman the figureheads of the time. Alternatively, he could have been listening to updates on the recent war that was occurring in Europe.

World War II had started seven months prior, with Germany and the Soviet Union invading Poland and causing much alarm from the United States and its European allies. Americans were beginning to feel the heavy weight of the Great Depression lifted off of their shoulders, and President Roosevelt assured the American people that they would remain neutral in the war.

Allyn went up Western Avenue, stopping at house number 69. It is important to note that Western Ave was not the long stretch of road filled with potholes we have come to know—and perhaps hate—during our time here at Westfield. Stanley Park was not yet established to provide a welcome distraction to parents and kids alike. Westfield State University did not line the road with its buildings; instead, it was known as Westfield State Teachers College and was located on Court Street, of which Allyn was a former student and professor.

Allyn lived in what was considered an exclusive neighborhood,

See PEDDLE on page 25

Make a wish!

Westfield State all-male pageant benefits Make-A-Wish Foundation

Westfield State student contestants at the 2015 Mr. Westfield Competition

From Press Release

WESTFIELD, Mass., April 20, 2016- Westfield State University will host its fifth annual Mr. Westfield pageant on Saturday, April 23 at 8 p.m. on Dever Stage in Parenzo Hall. The pageant is the university's annual fundraiser for the Make-A-Wish Foundation.

Organized by the Class of 2017 and Class of 2019, Mr. Westfield is a pageant that features some of the young men of Westfield State. Contestants will participate in a number of categories including talent, outfit of choice, question and answer, formal wear, and fundraising. The contenders are then scored by a panel of judges and one Westfield State student is crowned "Mr. Westfield."

The pageant contestants consist of one male representative from each residential building on campus, as well as one representative from each class on campus. Contestants this year include: Adam Bourdon '16, (Mr. Commuter), Christian Capalbo '18, (Mr. Courtney Hall); Marcus DiBacco '19, (Mr. Davis); Albert Fava '16, (Mr. 2016); Tyler Normandin '17, (Mr. University); Dan Pendenza '17, (Mr. 2017); Abdullah Shafique '19, (Mr. 2019); Brandon Trafford '17, (Mr. New Hall); Kevin Urban '17, (Mr. Apartment Complex); and Alex Veber '18, (Mr. 2018).

The Make-A-Wish Foundation is an organization that grants spectacular wishes for children with life-threatening medical conditions. On average, one wish is granted for a child every 37 minutes. The foundation thrives on donations from other organizations, such as Westfield State's Mr. Westfield pageant.

Since 2011, the Mr. Westfield program has raised a total of $28,000 for Make-A-Wish Massachusetts and Rhode Island, and Westfield State University has raised approximately $62,000 total for the organization since 2006 through various fundraising efforts. Last year's pageant raised more than $15,000 resulting in the granting of two wishes.

Each of this year's contestants has been fundraising throughout the school year with goals ranging from $500 to $2,000.

2015 Mr. Westfield winner Justin Connolly '16 of Walpole, Mass. said the event is an opportunity for students to work together towards a common goal.

"Mr. Westfield is an inspiring event," Connolly said. "Having been a part of it last year made me realize what bringing members of our community together can really achieve. We were able to grant two children facing life-threatening medical conditions wishes that they will remember for their lifetime. The enthusiasm that the contestants bring to the stage is infectious. It invites the audience to join them in their goal to grant another wish."

In addition to the main Mr. Westfield title, there will be three other honors awarded: the Mr. Congeniality award that all contestants vote on, Mr. Fan favorite chosen by the audience at intermission, and Mr. Fundraiser which will be awarded to the contestant who raised the most money for the Make-A-Wish Foundation.

Mr. Westfield is open to the public. Tickets are $5 for adults and $3 for students and will be sold at the door. All ticket proceeds will be donated to the Make-A-Wish Foundation.

Mr. Westfield is back and hotter than ever

Emily Spakauskas
Voice Reporter

The crown. The sash. The glory.

Mr. Westfield is an event run by the Class of 2017 in junction with the Class of 2019. Ten contestants including some returning members are representing different residential halls and class years. All are participating to become Westfield State University's next Mr. Westfield and all have their eyes on the prize.

At the pageant there will be a talent portion, a formal wear category, and a Q&A with the contestants. President of the Class of 2017, Andrew Morin, didn't reveal all the details beforehand, but he did give a couple hints of what we might see.

"We're adding a twist this year, and it will involve the audience more in the selection process of our next crowned winner."

The cost of admittance will be $3 for students and $5 general admission. This event is a fundraiser for the Make-A-Wish Foundation of Massachusetts and Rhode Island, so all proceeds will go directly towards this organization. During intermission children from Make-A-Wish will come around the audience collecting donations, so be sure to bring your spare change.

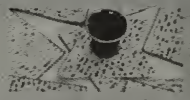
You can attend Mr. Westfield on Saturday, April 23 at 8 p.m. on Dever Stage in Parenzo Hall. What better occasion to kickoff the end of the year than watching your fellow male students strut their stuff to impress a live audience?

• Fun Activities
• Music
• Snacks
• Raffle Prizes
...And Much MORE!!
Hosted by Phi Alpha, SWAG and HelpOurKids

CAMPUS GREEN
April 23rd
@ 10am-2pm

FOSTER CHANGE
WITH
SPARE CHANGE
BRING YOUR SPARE CHANGE TO JOIN US IN A DAY OF FUN TO RAISE AWARENESS ABOUT FOSTER YOUTH ATTENDING COLLEGE!

Contact Jenny Mitchell (jmitchell9424@westfield.ma.edu) or Hope Anderson (handerson6858@westfield.ma.edu) with any questions

JSO Passover Seder

Thursday April 28th
2016 at 5:00PM
The Owls Nest in Ely

A celebration of liberation combining rituals and blessings, songs and stories and great food. This event is sponsored through the Albert & Amelia Ferst Interfaith Center and the Westfield State Foundation, Inc.,

Students: Free!
Faculty, Staff, and Guests: $21.50 per person
Please RSVP to Alessa Foley:
afoley0294@westfield.ma.edu by April 22nd

Career Center

Division of Graduate & Continuing Education

Career Talks

Wilson Hall, Commuter Cafe
Tuesday, March 1st, April 5th and May 3rd, 2016
4 p.m. – 6 p.m.

15 minute Career Counseling sessions

Westfield
STATE UNIVERSITY

You are invited to

RHA and Hall Councils End of the year event

FRIDAY, MAY 6TH

Time: 2:00pm – 7:00pm

Location: The Green

Dunk Tank
Face Painting
Fried Dough
Hall Olympic Games
Adrenaline Rush, Melt Down
and more!

RESIDENCE HALL ASSOCIATION
MAKE YOURSELF AT HOME

Horoscopes

Aries
(March 21 - April 20):
Things at work are going swimmingly! However, your boss is a Taurus, so expect a turn for the worse.

Taurus
(April 21 – May 21):
There will be a big surprise in your life when you take a football to the head on the green during your 8 a.m. trek to chemistry class on Friday.

Gemini
(May 22 – June 21):
The position of Venus predicts a promotion on the horizon for you, Gemini. Please note that Venus is a pathological liar.

Cancer
(June 23 – July 22):
The stars are sensing your newfound desire for a big change. They stars would like to report that your life will never change.

Leo
(July 23 – August 23):
Isn't it a bit strange that your friends' late night "study sessions" are at the bar?

Virgo
(August 24 – September 22):
All those new co-workers that you think adore you are all mocking you behind your back. Be sure to turn around more at work.

Libra
(September 23 – October 22):
All of your suspicions are correct. Everyone is out to get you. The stars advise you to invest in a more expensive security system.

Scorpio
(October 23 – November 21):
Scorpios like to wait for opportunities to fall into their lap. They also lack the charisma and talent essential to seize said opportunities,

Sagittarius
(November 22 – December 21):
Your new love interest is treating you like royalty because he is after your family jewels, but do you really care?

Capricorn
(December 22 – January 19):
The stars predict that you will live an exceptionally fulfilling life; however, I would not recommend believing in the predictions of such a ludicrous and unreliable source.

Aquarius
(January 20 – February 18):
You may feel like you are in control of your life, but the stars control who lives, who dies, and who tells your story.

Pisces
(February 19 – March 20):
The stars have not foreseen anything about your future, Pisces. I suggest barricading yourself in the basement in order to stay safe.

gail's guidance

Dear Gail,

I have a friend who had been getting on my nerves very easily lately. It's hard to identify the exact problem, but everything she says just makes me cringe.

I've already signed up to be her roommate next year, and I'm nervous about our living situation. Should I talk to her about it, or just let it be?

Signed,
Cringing and Confused

My dearest Cringing and Confused,

This is a sticky situation. As a socialite who has had hundreds of friends throughout her rich, fulfilling life, I have endured many of the annoying, clingy friends who dim your sparkle. It is hard to deal with this kind of situation when your friend hasn't made any particular grievance, so it may seem to your friend that you are bringing this up without any warrant.

When I have any convoluted quagmires with friends, I like to break out a double bottle Rosé, turn on a sappy episode of "Grey's Anatomy," and have a non-confrontational life talk.

You need to be slick about it; you could try and mention that you feel like things have been tense between the two of you without actually accusing her of anything. Then, you can talk openly without her feeling caught off guard.

If this fails and nothing changes, round up your toothbrush, PedEgg, and sleeping bag and have a slumber party on the third floor of Ely with ya girl Gail; bring the rest of the Rosé!

Best of Luck!
Gail

opinions & editorials

FRIDAY, APRIL 22, 2016 NATHAN GODARD, EDITOR

FROM THE EDITOR'S DESK

Not-barking up the Wrong Tree

Why I don't support the GLSEN Day of Silence even though I'm gay

Nicholas Sarnelli
Editor-in-Chief

PHOTO FROM RUBICONLINE.COM

Friday, April 15 marked the 20th annual Day of Silence.

This national, student-led event was initiated in 1996 by the Gay, Lesbian & Straight Education Network (GLSEN). GLSEN, which was established in 1990, is an organization that claims to be focused on ensuring safe schools for children.

During the yearly Day of Silence, students across all levels—from middle school to college—remain silent all throughout the day to bring attention to anti-LGBT name-calling, bullying, and harassment in schools according to dayofsilence.org.

The organization's website also states that the Day of Silence is meant "to address the problem of anti-LGBT behavior by illustrating the silencing effect of bullying and harassment on LGBT students and those perceived to be LGBT."

Essentially, the movement is meant to address silencing with more silence, and those participating in the event are to remain silent in attempts to show their support of not silencing.

Confused yet? I think the participants are, too.

Despite the GLSEN Day of Silence's utter passive, lifeless attempt at activism, this is not really the issue I have a problem with, but it's obviously not a contributing factor.

Of course, I am wholeheartedly in favor of promoting the safe and comfortable learning environment that all LGBTQIAP+ students deserve, especially those who face silencing and harassment across all levels.

What vexes me is in regards to the entire GLSEN organization itself. Though they claim to be an organization seeking "to address the problem of anti-LGBT behavior," they fail to acknowledge the B and the T altogether as their name remains the "Gay, Lesbian, & Straight Education Network."

Is there a reason, I wonder, that GLSEN has completely neglected the entire trans community in their title even though they claim to be advocating for their youths' safety in school?

see **SARNELLI** *on page 25*

ESRB rating on history

Nathan Godard
Op-Ed Editor

One thing almost every freshman has mentioned to me after taking some of their first history classes in college is that they feel like they had been lied to throughout high school. Some feel cheated or angry that some details of American history were left out of their previous history classes.

They come to college and go over the same material that they went over in high school, except this time, in far greater detail. Students learn things that change their perspective on their nation, but why does this not happen until college?

When are students old enough to learn about America's imperialistic actions in Latin America? When are students old enough to learn about the creation, support, and funding of dictatorships and extremist groups to combat communism during the Cold War?

When are students old enough to learn that the factions being used as a bulwark against Communism are the same ones we have been "fighting" against since the end of the Cold War? When are students old enough to learn that America has, in fact, made mistakes?

If the answer to the above inquiries is that it would teach students to be anti-American, then what is the purpose of the educational system? If the purpose of the educational system is to produce informed individuals with tools to combat real world problems, then shouldn't students be presented with a true picture of the real world? Is the educational system then instead a means to impose nationalism and perpetuate a sense of American exceptionalism?

As a history major who is thinking about going into education, these are very troubling yet important questions. I do not propose that every seventh grader be handed Howard Zinn's "People's History of the United States." It is, however, a conversation worth having.

I believe that as young adults leave high school, they do not have a complete understanding of American or world history. Unless students pursue history in college, they may never gain an understanding of the nation and world in which they live. They may never fully understand the effect that the United States has had, and still has, on a global scale.

If we do not recognize the effects of the proxy nations created into dictatorships to avoid communism, such as the arming of the Taliban and Al Qaeda, it can be a terrifying. Hindsight is 20/20, and by no means do I mean to be an apologist; however, I also do not aim to disparage our great nation.

Nevertheless, I feel as though it is of the utmost importance for our nation's high school students to have an understanding of why the world and the United States is the way that it is. If we are scared to tell our children what our nation has done, isn't that revealing a larger issue?

I urge anyone who teaches history to consider these questions. I would also urge everyone to consider these questions. Sometimes it is about asking the right questions, because finding the right question is often easier than finding the answer; however, it is a start.

The earth is our mother

EDITORS' NOTE:
This piece was provided by the class of EGST 302: Seminar in Indigenous Studies. The contributors include the following: Bal James Bhujel; Amanda Canale; Taylor Channell; Thomas Fernandes; Sean Jones; Victoria Krouse; Delaney Norris; Hannah Panteleakis; David Tauscher; and Dr. Shoba Sharad Rajgopal.

PHOTO FROM CHATERFORCOMPASSION.ORG

"The Earth is our mother. From her we get our life, and our ability to live. It is our responsibility to care for our Mother, and in caring for our Mother, we care for ourselves. Women, all females, are the manifestation of Mother Earth in human form...we are her daughters," says Winona LaDuke, Co-Chair of the Indigenous Women's Network, & two-time Vice Presidential Candidate for the Green Party in 1996 and 2000.

This quote is from a speech given by LaDuke at the United Nations Fourth World Conference on Women in Beijing, China in 1995; however, things are no better today. If anything, they are even worse. Catastrophic global climate change is now a reality, and yet only one political candidate for the United States presidency has made it one of the central planks of his platform.

All around the world, women are taking up leadership roles in hopes of addressing climate change. Recently, a ceremony was conducted by indigenous people across the Americas where they released a Declaration in "Ms. Magazine" that stated, "As indigenous women... we understand that violations of the Laws of Mother Earth are also violations against women...we are inseparable." This declaration directly echoes the speech made by LaDuke twenty-one years ago. Taking care of Mother Earth is inherent to indigenous cultures and is one of their fundamental values.

We celebrate Earth Day on April 22, and it is no coincidence that April is also Sexual Assault Awareness Month. Furthermore, we, as a class, feel that our campus needs to be educated on this topic, as the two issues are closely linked. Awareness is not just knowing what is happening right now, but also taking a step back into history to understand what our ancestors went through. Only through this process can we learn how to work together to prevent assaults on all beings, as well as on the planet as a whole.

One finds that the words used to illustrate the assault on the Earth are also indicative of this predatory mindset: the plundering of its resources, the devastation of the environment, and the raping of the planet. Recently, a series of earthquakes have rocked the world: from Nepal to Japan, Peru to Ecuador. Nearer to us, 585 earthquakes affected Oklahoma in 2014, a consequence of the disposal of waste water from the state's boom in "fracking," or hydraulic fracturing, which is a technique used to drill for oil and natural gas. Here we see the consequences of exploiting the world, as a sexual predator does a woman.

However, is this an issue important to politicians? No! Should we not be more concerned about this as we are the generation that stands to be most affected by catastrophic climate change? The rates of deforestation, massive dam projects, uranium mining, and so on have reached crisis levels all over the world. For example, the rate of deforestation in the Brazilian Amazon is one acre every nine seconds LaDuke reported over two decades ago in 1995. One shudders to imagine what it is today.

This issue is closely connected to the problems affecting indigenous women worldwide. Data gathered by the U.S. Department of Justice indicate that Native American and Alaskan Native women are more than 2.5 times more likely to be raped or sexually assaulted than women in the U.S. in general. According to the statistics in "Futures Without Violence," at least 70 percent of the violent victimizations experienced by American Indians are committed by persons not of the same race—a sub-

stantially higher rate of inter-racial violence than experienced by victims of other races.

"Over the years what happened is that white men, non-Native men, would go onto a Native American reservation, and go hunting – rape, abuse, and even murder a Native woman, and there's absolutely nothing anyone could do to them," a Cherokee tribal advocate explains in a Feb. 2014 Washington Post article. This goes to show the lack of power the Native communities have had even over their own sovereign territories for years.

Thankfully, in recent times, some important steps have been taken to address this gross injustice. For the first time in the history of the United States, Congress has allowed Indian tribes to prosecute crimes of violence committed in Indian country by non-Indians through the passage of a new law promoted by the Obama administration. The Australian and Canadian governments have gone even further, and have publicly apologized for their role in the cultural genocide of their indigenous communities. Canada has even gone so far as to initiate a Truth and Reconciliation Commission towards this end.

Native communities themselves have also perpetuated acts of violence against women and queer communities, which goes against their own ancient traditional values. Famous Native American theorists such as Andrea Smith and Paula Gunn Allen, however, have described that violence against women was never tolerated in their communities in former times, but came about as a direct result of colonization. This is where the American Indian boarding school experience is key.

PHOTO FROM POWEROFPOSITIVITY.COM

The systematic abuse of Native children in the name of civilizing them has affected generations of Native peoples, resulting in enormous levels of domestic violence. Substance abuse, alcoholism, and rising levels of mental illness can all be traced to the Christian Boarding School experience. During their formative years, Native children were forcibly separated from their parents and clans and forced to live in Christian Boarding Schools where they were banned from speaking their language, practicing their faith, and talking about their culture. The children grew up experiencing severe abuse from their teachers, and then developed abusive patterns themselves.

As to the position of women, once the Native communities were colonized by European settlers, many of the formerly matriarchal tribes changed to patriarchal tribes, following the colonizer's model. Women lost the power and rights they had been accustomed to, and as a result, became victims of domestic abuse.

"They took our land. They took our ways. They took our men. We want them back," a Lakota woman stated in "The Crooked Braid" from "The Vagina Monologues."

Winona LaDuke ended her powerful speech with an invocation to the great leader, Chief Seattle, who uttered this dire warning: "What befalls the Earth, befalls the People of the Earth."

That is the reality of today with regard to Mother Earth and her children. We are all related to each other, and only that awareness can help us save our planet.

Do you have opinions?
The you should write for the Op-Ed section of The Westfield Voice!
Contact Nathan Godard (ngodard3497@westfield.ma.edu) Op-Ed Editor for more information.

arts & entertainment

FRIDAY, APRIL 22, 2016 MONIQUE DESNOYERS, EDITOR

quick hits
as of April 18, 2016

Top 10 Singles
1.Work – Rihanna ft. Drake
2.7 Years – Lukas Graham
3.No – Meghan Trainor
4.Pillowtalk – Zayn
5.Panda – Desiigner
6.Love Yourself – Justin Bieber
7.My House – Flo Rida
8.I Took A Pill In Ibiza – Mike Posner
9.Work From Home – Fifth Harmony ft. Ty Dolla $ign
10.Me, Myself & I – G-Eazy x Bebe Rexha

Top 5 Albums
1.The Life of Pablo – Kanye West
2.Traveller – Chris Stapleton
3.Lukas Graham – Lukas Graham
4.Weezer (White Album) – Weezer
5.TWENTY88 – TWENTY88

Top 5 Movies
1. The Boss
2. Batman v Superman: Dawn of Justice
3. Zootopia
4. My Big Fat Greek Wedding 2
5. Hardcore Henry

Upcoming DVDs
1.The Revenant
2.Fifty Shades of Black
3.The Lady in the Van

KNOWING TO COOK

A healthy note on health

Ryan Cashman
Voice Columnist

There is no delicate way to put this, so I will just say it: nutrition is overrated. Not nutrients, but nutrition; there is a difference. A nutrient is something that is essential to life, such as proteins, vitamins, and minerals. Nutrition, on the other hand, is a gimmick perpetuated in schools based on some sort of government testing that showed that a good portion of our country is obese. Remember the food pyramid? It is a food pie graph now, but you get my point.

Health classes from elementary school to high school stress the importance of nutrition and dietary guidance. There is even a government website designed to provide you with all of the information you need to live a healthy lifestyle, but do we really need the government to tell us what we should and should not be eating?

The answer is no. Eat whatever you want, provided that you have the mental capacity to know when too much is too much. You should not eat too much cake in the same way that you should not eat too many vegetables or drink too much water. The thing is—as the old saying goes—too much of a good thing can be a bad thing. This is not to say that consuming vegetables is wrong, because it is not. Vegetables are an amazing source of nutrients, which why vegetarianism has become so popular.

The main point is that nobody should dictate what we should and should not be eating. Michael Pollan brings this up in his book "In Defense of Food," where he navigates through supermarkets to discover what we should and should not be eating. While Pollan ultimately sides with government mandated dietary guidance, he does what we all should be doing: research.

I know what you are thinking: you do not have time for research. In actuality, you do. Researching food is much simpler than researching whatever the government says nutrition is. I will put it simply: if it is being sold at a farmers market, it is good for you. If you do not have access to a farmers market, and you are at the supermarket, there is a rule to follow. First, read the label. If you cannot pronounce or recognize one of the main ingredients, it is safe to say that it is not the best thing to be eating.

This brings us to the question of cost. Yes, processed foods are much cheaper than "organic" foods, but "organic" is another myth entirely. True organic food is the food you pull out of the ground with your bare hands; it is not the food in the "organic" section of your supermarket. Granted, the cost of a tomato at Whole Foods is much more expensive than an entire pack of tomatoes at a farmers market, but not everyone has access to farmers markets or Community Sustained Agriculture (CSAs).

I have made this case time and time again: we are the only people who have a say about what foods we put in our bodies, and I stand by that case. I will admit, however, that it is not easy. In this day and age, we are constantly under financial stress. In turn, this means that we are going to buy food that is inexpensive. I applaud community leaders who create community gardens in cities and towns. In order for us to become healthier as a nation, we need to remember that food is something to be enjoyed, not dictated to us by a pie chart.

Nutrition has made us far too cautious of the food we eat. Yes, vegetables are good for you and meat should be eaten in moderation. Still, the point is that we are now terrified of food. We are constantly worried about whether something is good or bad for us. Studies constantly tell us that something is good for us one day, bad for us the next, and good again by the end of the week. No wonder we are confused.

My advice to you is this: determine for yourself what is good for you. Be an independent thinker. Do as much research as possible. Figure out what you like to eat and what you do not like to eat, and see if there is a way to make whatever you do not like enjoyable. Essentially, eat more of what is good for you personally and less of what is not. You alone should be in charge of what you eat.

As always: buona tavola é mangiare bene!

The MTV Movie Awards

Dwayne "The Rock" Johnson and Kevin Hart host the 23rd annual MTV Movie Awards

PHOTO COURTESY OF FUSE.TV

Sarah Wyllie
Voice Columnist

Another year, another award show season. Most recently, the MTV Movie Awards aired on April 10 and was hosted by Dwayne "The Rock" Johnson and Kevin Hart. Performers took the stage at the first outdoor MTV Movie Award event in history. Some of the performers were Halsey, Ariana Grande, and The Lonely Island. Kevin Hart and Dwayne Johnson also performed a "25th Anniversary Tribute Rap" with Rebel Wilson.

The MTV Movie Awards are iconic for outrageous moments, usually stemming from the Best Kiss award, and this year was no different. "Pitch Perfect 2" stars Rebel Wilson and Adam DeVine raised the bar even higher for the onstage antics.

It is no secret that this past year has been a great one for movies, which made this year's award show really something to look forward to. From Leo finally winning his long-awaited Oscar for "The Revenant," and Will Smith winning Best Male Performance and The Generation Award for his dedication to the entertainment industry over the past three decades, this award show season has been quite memorable.

Other winners included "Star Wars: The Force Awakens" for Movie of the year; "Amy," a documentary about the late Amy Winehouse, for Best Documentary; "Straight Outta Compton" for Best True Story; Ryan Reynolds in "Deadpool" for Best Comedic Performance; Daisy Ridley in "Star Wars: The Force Awakens" for Best Breakthrough Performance; Charlize Theron in "Mad Max: Fury Road" for Best Female Performance; Ryan Reynolds and Ed Skrein in "Deadpool" for Best Fight; Adam Driver in "Star Wars: The Force Awakens" for Best Villain; Chris Pratt in "Jurassic World" for Best Action Performance; Amy Poehler in "Inside Out" for Best Virtual Performance; Jennifer Lawrence in "The Hunger Games: Mockingjay Part 2" for Best Hero; and "Pitch Perfect 2" for Best Ensemble Cast.

Up next this season are the Tony Awards, airing on June 12 and featuring the best of this year's Broadway and off-Broadway shows, and the MTV Video Music Awards, which, if it is even possible, are even more eye-catching than the Movie Awards.

lifestyle, health & wellness

FRIDAY, APRIL 22, 2016

Just do yoga

A guide to living a healthier, stress-free life

Jami Wyman
Voice Contributor

Every student can agree that writing papers is one of the many stressors we face during the best four years of our lives: college. This is even more stressful to students who have a hard time concentrating on writing a neat, organized paper. Well, what if I told you that there is a simple way to make writing papers and doing schoolwork a little bit easier? Would you do it?

Since I started my English composition class, Writing About Yoga, I have not only benefited physically, but mentally as well. My papers seem to be increasing in quality, and I find myself more focused and organized when I am doing schoolwork.

Studies have shown that yoga can enhance your academic performance, and I can agree with these studies. So, my answer? Just do yoga.

In Kelly James-Enger's article, "What Yoga Can Teach You About Freelance Writing," she wrote about her personal relationship between yoga and her writing. She was a newbie yogi at the time, but it did not take long to see a positive correlation between her work on the mat and her work at the desk. In this article, she said, "The more you practice, the further you'll go." Personally, I find this statement to be true. I have felt that the more I have practiced yoga, the better my academic life has been.

Even though I am taking difficult classes like Great Philosophical Issues and American National Government, this semester has been a breeze. These two classes are definitely not my forte, but I am doing exceptionally well in them both.

The information I have learned in these classes is not easy, but my test grades have been better than I expected. Not only have my test grades been better, but also my papers have been more organized. There are less filler words and more sense and reason to my paragraphs. I strongly believe that all of this academic success relates back to my participation in yoga.

Like James-Enger said, however, it all comes with practice. This is similar to how writing papers or studying for tests does not come easily unless you work hard and study.

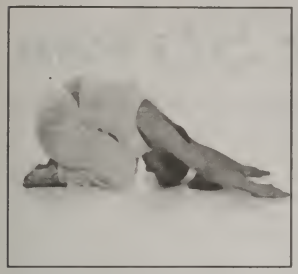
You will never see results unless you try. So you can get the similar academic success that many other people are experiencing, I suggest this: just do yoga.

There are some poses that I have found in my Writing about Yoga class that have pushed me to my limit. Here are some poses that will help you focus, calm your mind, and keep you organized.

Downward Dog

This pose requires a lot of attention and focus. In order to achieve the perfect downward dog stance, you must focus on a few things: keeping your back and knees straight, and keeping your feet and hands flat on the ground. Make sure to do as little "tip-toeing" as possible, and being careful to keep your fingers and palms from arching.

While keeping these things in mind, my brain has to use a lot of brainpower to focus. When you train your brain to focus, the positive outcomes of the pose will transfer into your academic life. Writing a paper could be much easier if you just do yoga.



The Child's Pose

This pose is very calming and quiet. Who would have thought that simply kneeling with your arms stretched out and your back arched could keep you sane?

This pose is particularly good if you are about to study or take a test. To quiet your mind before beginning a long study session, just do yoga.

Virabhadrasana 3, The Third Warrior Pose

If done correctly, this pose could also increase your focus and strength. This trains your brain to be focused and aware, especially in tough situations. Putting all of your weight on one leg, keeping your other leg up, and focusing on keeping your arms out straight only adds to the difficulty.

Doing this pose makes you want to tense up; however, by telling your body to relax and focus, it allows your mind to be present. For me, this pose seems to have doubled my focus. To double your focus, as I have, just do yoga

Meditation:

Although meditation is more of a practice, this meditation pose has a lot of positive benefits. If you sit up straight, comfortably, and quietly, your mind is going to relax; the chattering in your mind will slow down. In my class, we use the words, "be here." This helps me to quiet my mind.

If I begin to think of something completely absurd, I will snap out of it and continue to focus on saying, "be here." By doing this, you are training your brain to focus on what you are doing. Meditation helps you concentrate. If you are having difficulty concentrating on a specific task that has to be done, just do yoga.

The Proof:

It is okay to be skeptical. I certainly was, but you never know unless you try. You are probably thinking, "How can these simple poses affect me academically?" That was my exact thought when I read James-Enger's article on how yoga helped her freelance writing. How could this newbie yogi's career benefit from yoga? I learned by trying it out, and I have seen the benefits.

If you do not believe me, there is some professional proof as well. One study done by graduate student Neha Gothe of the University of Illinois showed what just twenty minutes of yoga can do to your brain.

The study had thirty young undergraduate students participate in a twenty-minute yoga session. Gothe says, "It appears that following yoga practice, the participants were better able to focus their mental resources, process information quickly, more accurately and also learn, hold and update pieces of information more effectively."

Just do yoga: Now, I know that twenty minutes as a college student seems like an eternity, especially when we are watching the clock during a boring lecture; however, I also know that twenty minutes seems like nothing, as we are always rushing to eat, go to class, or cram in a homework assignment before it is due—you know, the one you probably should not have waited last minute to do. No matter how you look at it, twenty minutes is intimidating.

If you schedule yoga into your morning routine, however, you might have remembered that assignment. Maybe those twenty minutes of yoga will help to organize your papers. Maybe, instead of snoozing your alarm, you can do some simple poses that will help you remember information for an exam. You never know unless you try!

All photos provided by Jami Wyman

Breathing through the Stress

Patrick Kelly
Voice Contributor

PHOTO FROM MYMEDINI.COM

Are you stressed about tests, papers, and homework? Try taking 3 deep breaths. Do you feel better? I didn't believe it at first either. Then I started trying it. I breathed before I did my homework at night. I breathed before I took a test in class. I even breathed before I sat down to write this. It may sound silly, but doing something as easy as this can help you reduce stress. Doing some deep breathing every day can have great effects on your mood.

While I am still new to yoga, I feel like I have really connected to this part of it. It is the fourth branch of yoga known as pranayama. It is your life force; it is how you breathe.

Ever notice how your breath is different when you are in different moods? For example, focus on how you are breathing when you are angry. Focus on how you are breathing when you are happy. Are they different? I bet they are. By keeping track of your breath when feeling different emotions, you can learn how to control them a little better.

"Everybody's breathing and its rhythm is as different as their thumbprint. Breathing is an individual phenomenon; that's why I never teach it. You have to discover your own rhythm," said Osho in his novel, "Yoga: The Science of the Soul."

Breathing is different for everyone, so it is unable to be taught; it is more of a self-journey, and you have to practice it. The more you practice, the more you will understand yourself and how your emotions work, thus making pranayama an important step in yoga.

It is cool to think that Yogi's that lived hundreds of years ago had a way of understanding the body. Yoga has been proven to help with so many health-related issues. Even something as easy as breathing in different ways can have huge benefactors. Doctors believe that deep breathing is a beneficial way to handle stress.

"When we're under stress, our muscles tighten, our heart beats faster, our blood pressure rises and our breathing quickens. The relaxation response is the opposite of the stress response; it puts the brakes on the biological changes that put us into overdrive. And it turns out we can elicit the relaxation response at will—by taking deep breaths," said Dr. Anthony Komaroff in his article, "Deep Breathing Is Effective Way to Handle Stress."

Dr. Komaroff a professor at Harvard medical school thinks deep breathing helps reduce stress. Deep breathing helps counter act the physical effects of stress. What could be more relaxing than that? So say your sitting in your classroom about to take a test. How are you feeling? Are you nervous? Is your heart racing? Just take a few deep breaths. With these breaths you take away these side effects of stress.

Why else would we tell people to take ten deep breaths when they get angry? When we get angry our blood pressure rises and our breathing becomes quicker and our heart beats faster.

Then, when we take these deep breaths, we are counteracting all three of these things. We are calming ourselves down. We are taking control of emotions and not letting them take control of us.

Now, deep breathing may not sound all that fun to do. You may like to watch Netflix in your dorm room. You may like reading a book. The best part about deep breathing is that you can pretty much do it anywhere, even while you read a book or watch TV. You can take a few deep breaths in your chair right before a test to calm your nerves, or when you are standing in line at the dining hall. It is a very versatile tool you can use to control your emotions and reduce your stress.

In yoga there are many different breathing exercises that you could do from time to time or even every day. There is Bhastrika (bellows breath), kapalabhati (shining breath), dirgha (complete breath), etc.

One exercise I like most is the abdominal breathing technique. It is one of the first ones I learned. First, take a deep breath in with your diaphragm, not your chest. Next, blow out all the air you can, making your stomach go closer to your spine. Then, inhale and repeat a few more times. Super simple right?

This will help you feel more relaxed and helps the lungs receive more oxygen. I like to do this when I'm getting ready to relax or before something stressful, like a test or interview. This may not be the most helpful breathing exercise for you, but there are so many out there, that I am sure you can find one that will benefit you.

Next time you are feeling stressed out, overwhelmed, or anxious, take some time to breathe. You are already breathing, so you might as well breathe in a way that will be more beneficial to your body and you mind.

I have tried it and it has helped me, so let me help you. Take my advice and trying this. Take a few moments out of day to make the rest of your moments peaceful.

from the editor's desk

There are times when criticism is beneficial or even necessary, but this is not one of those times. It has been brought to my attention than many people have certain grievances with this publication. Whether it is content or writing style, it seems as though there is always something to complain about.

While I am the first one to welcome constructive criticism, it has its time and place. There are many outlets to express complaints and opinions. One of which includes letters to the editor, which can be sent to thevoice@westfield.ma.edu. In addition, our office hours are Monday through Wednesday from 6:00 p.m. to 12:00 a.m. During these office hours, I would be happy to arrange a meeting to discuss any problems a reader may have.

Just like any respectable person, I always am looking for ways to improve; however, these improvements cannot be made unless the problems are brought to my attention. Discussing this publication in a negative way, and putting down the hard work of the many editors and writers involved, is not the way to advocate for change, especially when these comments are made in a public setting; you never know who is listening.

In regards our April Fools Day edition, anyone who still has grievances over that particular edition can feel free to email The Voice—or me personally at gmuller5019@westfield.ma.edu—to set up a meeting where there can be an open discussion regarding the decisions that were made. Comments made saying that that week's edition was "unprofessional" do not go unnoticed. For one thing, we are not professionals. We are students. That is not to say that we should not act professionally, or strive to maintain the utmost level of professionalism. We are not, however, employed by the University; we are not paid. We receive nothing other than the benefit of experience.

Now, for anyone who has any knowledge about journalism or newspapers will know that satire is commonly used. Whether the front-page article was satire can be debated, but anyone who claims that it was "unprofessional" is unfortunately mistaken. Additionally, the #SaveTheGlobe article that was published two weeks ago was also heavily criticized for many invalid reasons.

To set a few things straight, the article was a feature story. It was not supposed to be hard news, because it was written more creatively; that is the whole point of a feature story. This is also why Justin Connolly was referred to in the article by just his first name: it was a feature story. Feature stories allow for more stylistic freedom, hence the use of Justin's first name throughout. Surely the "journalists" who were making these comments are aware of this.

We try not to limit ourselves to only one style of writing. We aim to create a publication open to all types of content. Just like modern society is changing and evolving, so are student newspapers.

As I have previously stated, if anyone has questions, comments, or concerns about any part of this publication, please feel free to send an email to thevoice@westfield.ma.edu and/or set up a time to meet for a productive discussion.

Gina Muller,
Editor-in-Chief

The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

owls athletics

Friday, April 22, 2016 Michael Barry, Editor

Owls soar over Bridgewater after double-overtime skirmish

Nicholas Sarnelli
Editor-in-Chief

Senior captain Blair Smith leaps triumphantly as she scores the game-winning goal over Bridgewater State in a sudden death double-overtime

On Tuesday, April 19, the women's lacrosse team faced off against the Bridgewater State Bears at Alumni Field. Going into the match, the Bears' record was 7-5 overall with a MASCAC record of 3-1. The Owls' MASCAC record was also 3-1, but their overall record was 10-4.

The Owls came out strong from the first faceoff. It only took about five minutes for senior attack #14 Roni Orcutt to launch one into the back of the net in a momentous overhand rip.

The Owls' momentum was unrelenting for nearly ten minutes.

The Owls' goalie, senior captain Mimi Khampaeng, took possession of the ball from Bears' attack. She held the ball for nearly one whole minute and was unimpeded by a single Bridgewater player. In fact, there was no pressure on Khampaeng at all, so she did not waste the opportunity to wait for a precise pass to freshman midfielder Marissa Nimerskern as soon as she saw an opening.

Nimerskern barreled down the field and released a strong shot, but was blocked by the Bears' goalie Allie Forman. Nimerskern's impetus would follow through, though, as she found the back of the net a few yards away from the goal in the very next play with 21:01 remaining in the first.

After the Owls' second goal, the Bears seemed to finally come out of hibernation. With 19 to go in the first, Bridgewater's Marissa Yowell came at the Owls defense with a vengeance. Her attempt was eventually thwarted by two of Westfield's defensive players, seniors Jordan Daniels and Ally Roach.

Although Yowell appeared to have been hindered, she was not discouraged. In the next play, she earned an assist as she tossed the ball to Bridgewater's Melissa Renauld, who was able to sneak one passed Khampaeng.

With 16:45 left in the half, #13 freshman attack Alexa Tonelli found the back of the net, keeping the Owls' score at a safe two-points-ahead.

The Bears were quick to respond. Once Bridgewater regained possession, they ensued an attack against the Owls. Ally Roach put pressure on her challenging opponent, but she was issued a shooting space violation as her opponent backed just out-of-stick's reach.

Though they had a penalty very close to net, the Bears' shot missed and landed out of bounds. When they regained possession once more, the inbound to Bridgewater's Marissa Yowel ultimately resulted in a point for the Bears when Yowel put one past Khampaeng with 15:10 remaining.

The Owls' two-point lead was breached; they now lead by one, but only for about another minute.

With 13:49 remaining in the half, Bridgewater's #15 Lauren Geary scored, tying up the game 3-3.

Within the same minute, the ball was already down dangerously close to Westfield's net, but despite the Bears' efforts, Khampaeng was able to snag the ball away from the offense. Once more, she held the ball for a long period

waited patiently as her teammates attempted to momentarily break free from Bridgewater's tight defense. Her patience ultimately paid off as she found Marissa Nimerskern's open stick. Nimerskern attacked, but Bridgewater's defense held the Owls off—for now.

The ball remained in the Owl's possession on Bridgewater's end for some time, until senior captain, #16 Blair Smith, was able to put one away with 11 minutes remaining in the first half.

The Owls would only lead 4-3 for about a minute, though. On the Bears' next possession, #15 Lauren Geary kept the Owls on their toes, tying the match 4-4 with 9:53 remaining.

Soon after, the Bears had a shooting attempt that was stuffed and turned to offense by Nimerskern who charged it down the field. She sent the ball to Orcutt, who took a hard shot at Bridgewater's Allie Forman. Unfortunately, the ball ricocheted off the goal post and nearly rolled out of bounds at the sideline. Though their pressure and intensity were high, the Owls attempt was not fruitful.

The Bears immediately returned the pressure, and Melissa Renauld snuck another past Khampaeng after an assist from #15

Lauren Geary with 6:52 remaining in the half.

The Bears went on to score another with a goal from Yowell assisted by #3 Elizabeth Ettridge to make it 6-4 Bridgewater.

After a timeout with four minutes remaining, the Owls took it to the hole, and #11 Sydney Lambert hit the back of the net within seconds, bringing the score to 6-5 Bears.

The Bears responded a little over a minute later with another goal by Geary with 2:31 remaining in the first half.

Senior defensive #24 Caroline Arket drew a charge that gave the Owls possession, but the trek down the field would take more time than remaining on the clock. The half ended with the Owls at five and the Bears at seven.

After regrouping at halftime, the Owls came back with the same fresh intensity they displayed earlier in the game.

Roni Orcutt scored one minute into the half after valiantly rummaging through a gauntlet of Bears, her agility carrying her past her opponents in an epic zigzag. Orcutt's point put the Owls back in the game as they lingered just one goal behind Bridgewater.

Less than a minute later, the Bears' Ettridge dropped a shot passed Khampaeng after sneaking past the defense, bringing the score to 8-6 Bears.

Not long after, the Owls would find another opportunity. Alexa Tonelli took a feral whack to the head; she recovered quickly, and the Owls used the penalty to their advantage. Senior attack #20 Sam Lungarini sent a side-armed whip past the goalie to bring the Owls just one goal behind the Bears.

Not long after, though, the Bears responded yet again with a goal from #2 Alex King with 18:36 remaining. The score became 9-7 Bridgewater.

Just minutes later, Sydney Lambert charged from the 30-yardline and drilled one into the net, making the score 9-8 Bears.

With the final stretch of the game on the horizon, the Owls began to spread their wings wide. Just over 16 minutes remained in the second half when #2 sophomore Samantha Coyle tied the game 9-9 after an assist from Orcutt.

Less than two minutes later, Bridgewater's Elizabeth Ettridge sent a shot wobbling into the goal to make the score 10-9 Bears.

The fast-paced, high-scoring game hit a slight dry spell until Blair Smith tied the game up once again with 7:38 to go.

After a series of penalties disrupted the flow of the game, Bridgewater's Alex King snuck another passed Khampaeng with 5:26 left in the half, bringing the score to 11-10.

The Bears attacked once more soon af-

see **SARNELLI** *on page 26*

NFL draft brings excitement to fans

Tim Jaroche
Asst. Sports Editor

Fans of all NFL franchises get excited for the draft. At any point in the six rounds, a player who is drafted may change the fortune of your favorite team.

The most coveted number one overall pick does not always end up being the most profitable player, and the 199th pick can end up winning a few Super Bowls. This gives every fan and draftee hope for success.

The Tennessee Titans held the number one overall pick this year before trading it to the recently relocated Los Angeles Rams. The Rams seemed pretty eager to take the pick; they gave up their fifteenth overall pick, two second round picks, one third round pick, and a 2017 first and third round pick.

The Titans drafted QB Marcus Mariota second overall last year, and plan on sticking with him. This allows the Titans to use their bundle of picks to improve their offensive line and defensive secondary.

The AFC South is in a state of disarray with the first place Texans going 9-7. With good use of these picks, they could establish themselves in their division.

With the new move to Los Angeles, the Rams made news by acquiring the first overall pick, which is likely to be either QB Jared Goff from California or QB Carson Wentz from North Dakota State.

The Rams also received a fourth and sixth rounder, giving them five picks in this year's draft. Unlike the Titans, the Rams play in a tough NFC West division alongside the Seahawks and the Cardinals.

In the case that the Rams take one of these QBs, there will be high expectations for them to perform.

The irony of this trade by the Rams is that they agreed to the opposite trade prior to the 2012 draft. They traded the number two overall pick to the Redskins in exchange for a first rounder, second rounder, and a first rounder in both 2013 and 2014.

The Rams got a better deal than the Redskins, who drafted Robert Griffin III, now with the Browns. The Rams, however, have not won more than seven games since 2012, so really both teams lost in this trade.

The Rams have taken risks in the past that have not paid off, so with this trade, they do not have much to lose.

As of right now, it looks like the Titans came out on the winning side of this trade, collecting six picks in the top three rounds over the next two years.

If the Rams' number one pick becomes a franchise player, or reliable player for a number of seasons, they may gain the edge.

Tweets of retirement leave UFC panic-stricken

Jack Corsi
Sports Reporter

PHOTO FROM BRISHLIVES.COM

The latest and greatest sports story is the ballad of Conor McGregor. The Notorious one is taking his talents home to Ireland. Yeah, that's right; he is retiring.

But why? To be quite honest, not even I—a man who constantly tries to speculate—have the slightest clue. McGregor is either superstitious or just has no desire to fight any longer. But this is a blindside hit if I've ever seen one. From what has been said around the UFC community, it is attributed to a close friend's recent death during a fight. I understand that, but a freak accident like that shouldn't deter McGregor from fighting at the biggest event in MMA history thus far.

Could it be due to the loss to Nate Diaz? McGregor went out and dominated round one then was choked out in round two. Physical and emotional distress may weigh in on this heavily. We also saw Diaz tweet a retirement tweet an hour or so later. This is getting a bit out-of-hand; the UFC must be panic-stricken.

If Diaz and McGregor both retire, UFC 200 is in shambles. There's no other way to put it; the event will be in big trouble. The rematch was one everyone wanted to see. Now it may just be a figment of imagination. Diaz is just as big of a loss as McGregor in my opinion. He has been a big ticket in the UFC for the past few years; I would be shocked if his supposed retirement is true.

So, the rumor is entirely true, for now at least: McGregor is gone. So who fills the void? Probably Jose Aldo, but he's bland. There is another Irishman named Joseph Duffy. He beat McGregor years ago. He might be the obvious candidate to be the replacement.

I've lost a bit of respect for McGregor. You can't just pick up your ball and go home like that. Especially after he has been training like a madman since the loss.

He promised us fights in Boston and in Dublin. And what do we get—a guy who walks out on us? It's shocking, to say the least.

This is the biggest mistake he can make at the pinnacle of his career, too. He has basically severed ties with the MMA world and Dana White. He also failed to show up to a press conference about it all. That is not a thing you can do in the UFC; those events are sacred in White's eyes.

So what in the world is going to be the main event at UFC 200? We all know I am a big speculator on these things, so here is my idea. Tell Nate Diaz he is getting what McGregor was getting. Then drop the bomb and give Diaz the returning George St. Pierre—the mega-fight that could tear the house down. The crowd would erupt to the returning St. Pierre; now that's what is best for business.

Oh yeah, look at McGregor's following on Twitter. Some big name WWE officials are on there, one of which is Triple H. Could McGregor be making his way to the squared circle?

Do you like sports?
Do you have a favorite sports team?
Do you like to talk about sports?
Then you should write about sports for The Westfield Voice!

RUGGED OWL
Sunday, May 1st, 2016

from **SARNELLI** on page 10

What about bisexuals? The last time I checked, bisexuality does not refer to gay nor does it mean straight. It is not an "in-between." It is its own separate identity. I'd expect an organization as established as GLSEN to comprehend that, especially if they've been "[ensuring] that every member of every school community is valued and respected regardless of sexual orientation, gender identity, or gender expression," according to GLSEN.org.

If it's an issue of wishing to keep the original title of the organization, get with the program. Freeform, the new name for ABC Family, did it. Why shouldn't GLSEN? I doubt it would cause any supporters to stop supporting. In fact, it might even bring some in—speaking for yours truly, wink wink.

Yes, GLSEN has done incredible work in the past, but you can't claim to be progressive if you're too stubborn to alter the name of your 25-year-old organization. Trust me—times have changed since 1990.

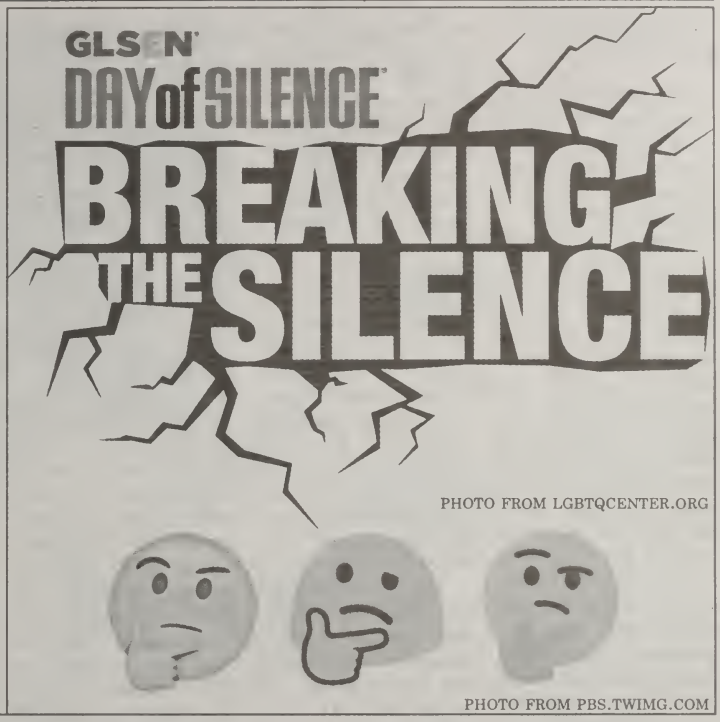


PHOTO FROM LGBTQCENTER.ORG

PHOTO FROM PBS.TWIMG.COM

from PEDDLE on page 4

and he had a very nice home. A bare tree stood in front of the sidewalk, a few plants plotted along the walkway that lead to his porch. The porch extended from the front of the house to the right side, and was lined with a few chairs. He opened the brown two-paneled door, fit with with two rectangle windows, and put away his coat.

By the time he entered his home, it was about 10:30 P.M. He brought his wife upstairs to bed and retired to the first floor parlor to read. He sat in a cozy chair in the tight corner directly to the right of the front door. He was hoping to relax after coming under increased stress over the past several weeks.

Allyn's work had attracted much attention; he was developing preservatives that could be used to make food last longer. He had made a patent for it four years earlier, and was in the midst of perfecting it.

Along with the development of vitamin preserving, he also wrote articles for magazines. Allyn was, most notably, the food editor for McClure magazine, which was famed for its "muckraking" journalism and a championing of progressive causes.

Allyn endorsed fords that were good for the body and free of impurities. This would cause tension between Allyn and the food manufacturers that did not meet Allyn's standards for food. During this time, Allyn was not paranoid of food manufactures, but something much different.

Allyn had been telling friends week prior that he had gown weary of suspected Nazis who were attempting to take his patent for vitamin preservation.

He was hoping to relieve his anxieties with a good book. He had been reading "The Gun" by C.S. Forester, which tells a fictional story set during the Peninsular War between Napoleonic France and the Spanish. It describes a huge bronze cannon used by each side, which lead to success in battle, but increased brutality. Eventually, each person who falls under control of the gun ends up being killed in some way.

As he was delving into the book, he heard a ring at the door. He placed the book face down on the floor, making sure he kept his place. He rose to answer the door and moved a few steps away from his chair. There was an argument and increased shouting. Soon a struggle ensued, and four pops ran out.

Allyn was shot under his right eye, on top of his mouth, and in his chest and stomach. One bullet hit the door to the upstairs; the hole from the bullet remains today. He collapsed to the ground. The perpetrator turned Allyn's pockets inside out, searching for anything of value, and quickly fled.

Allyn was in shock; he staggered into his kitchen and to the sink for water. Allyn then retreated back to the front of the house, where he fell next to his chair and the book he had set down just moments before

Mrs. Allyn came down to see the horrific scene: her husband, brutally shot and lying in his own blood next to the parlor chair.

She called the authorities, and brought his body into the middle of the hallway, a few feet out of the parlor and directly in front of the door the assailant had entered.

from SARNELLI *on pages 20 & 21*

ter. After an attacker weaved through the Owls' defense, there was no one to protect the goal—no one but Mimi Khampaeng.

Though Khampaeng stands at 5'1", her warrior-like spirit is enormous. Khampaeng faced her attacker head on, ultimately knocking the ball free from her opponent's clutches and gathering it in her own stick. She immediately began charging down the field on her own, trusting her defenders to protect the net she had to leave behind. Khampaeng went unimpeded until the Bears fouled and Owls' Coach Jeff Pechulis called a timeout.

When play resumed, Khameng picked up from the same position on the opposite side of the field from her goal. She was surrounded by Bears; Bridgewater formed a tight ring around the goalie. From the instant that play resumed, Khampaeng used strength to circumvent her height and got the ball to her offense. She immediately bolted back to position in net.

The end of the game was fast approaching, and the Owls needed to find their opening if they wanted to have a chance to come out with a win. With 3:04 remaining in the second, Orcutt once again launched a shot passed the Bears' goalie to tie the game 11-11.

The tie would send the Owls into overtime, giving them a chance to snatch the W and earn the top spot in the MASCAC tournament.

With just 30 seconds remaining, a Bears' attacker found a breakaway and went at Khampaeng head-on. If they were to

score, the Owls would hardly have enough time to tie the game again. The Bridgewater attacker barreled down the field and took a powerful shot on net. Fortunately for the Owls, Khampaeng was able to make the save. She held the ball tight, and the Owls waltzed into overtime.

Not much happened in the first three-minute overtime period until Khampaeng made yet another life-saving deflection with 1:16 remaining; neither team was successful in scoring during this OT.

The second three-minute overtime period ensued. Blair Smith was fouled hard some yards away from the goal. She gained possession from the penalty and took a hard shot on net—but she shanked the post.

The Owls were so close now—too close to not seal the deal.

With just over a minute left to go, Smith regained the ball once more, taking another powerful shot on target. This one sailed passed goalkeeper Allie Foreman and trickled down the back of the net. Smith's goal secured the sudden death game-winner, and the Owls catapulted into the top spot in the MASCAC standings.

from MERCER *on pages 1 & 2*

tions gave their clubs and organizations budgets for printing to be factored into the club's account.

Davis Hall Representative Sean Bacon asked if this 400-page allocation would be for every printer on campus, including the printers in Wilson, which currently do not require a card-swipe. Raffensperger told senate that card-swipe machines would be added to all printers on campus.

He also mentioned that adding a color printer to the library was a topic of discussion as well. Color printing would be offered for around twenty cents per page.

Both Ryan Losco, Class of 2016 president and parliamentarian, and Dana Kilby, representative-at-large, voiced their concerns over this proposal. Losco suggested making this proposal into something similar to a pilot program, testing it out in different departments and evaluating the results.

Kilby suggested making the proposal more of a community effort; rather than educating faculty and staff and restricting students, educating everyone and then focusing on restrictions could be beneficial. Raffensperger said that he would take both of these ideas, as well as other students' feedback and suggestions, back to the cabinet.

Maddie Dexter, Apartment Complex president, voiced her support for this proposal. Dexter works in the library, and she sees the daily strain the printers face as students print hundreds of pages at once; the printers are easily jammed and frequently backed up.

Dexter believes this proposal would help everyone to print more efficiently, and Raffensperger agreed.

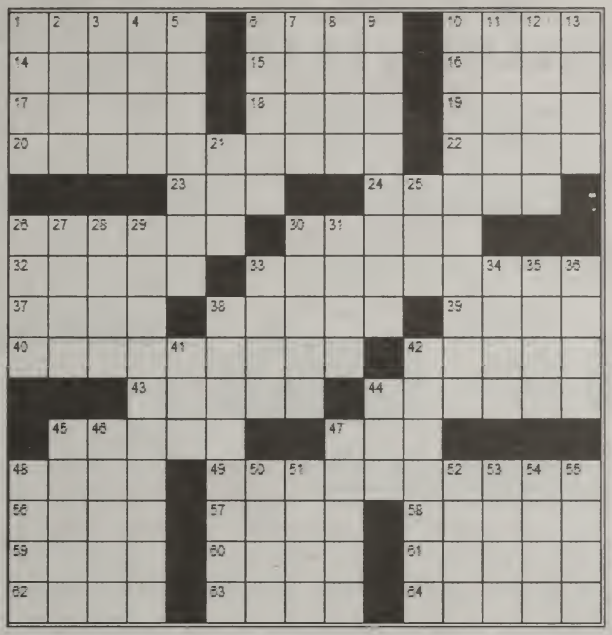
Games & Leisure

		8					9	
			1		7	2	4	
9	2		3			6		
	9							5
			9	4	1			
6							3	
		9			3		2	7
	6	1	4		2			
	5					4		

90's Songs

W	E	T	S	A	T	S	R	A	C	E	H	T	R	K	L	I	S
B	R	I	R	R	H	O	K	O	N	T	E	L	E	A	I	V	E
L	A	F	A	E	E	C	N	E	X	C	O	L	D	J	Y	O	L
O	S	F	E	N	P	L	N	I	N	E	E	T	R	A	E	J	G
N	U	A	F	G	O	A	D	I	B	O	T	N	O	G	N	N	N
D	R	N	R	I	L	F	R	A	J	A	A	T	W	O	R	O	A
I	E	Y	O	E	I	P	D	Y	V	E	S	T	E	O	U	B	B
E	K	S	F	R	C	T	L	U	C	I	A	I	N	G	O	E	E
C	T	I	S	O	E	L	O	O	R	L	D	S	L	O	J	U	M
H	H	S	R	F	I	W	Y	I	K	A	C	B	M	O	R	A	Y
I	E	E	A	B	N	L	A	T	R	A	N	A	O	Y	H	T	A
C	F	N	E	B	L	E	A	N	N	T	D	D	T	W	T	Q	D
A	I	E	T	I	E	L	L	D	G	N	E	H	U	E	I	U	E
G	X	G	B	N	K	R	A	A	E	C	M	I	P	R	H	E	B
O	X	S	X	N	I	L	L	S	H	I	H	M	U	E	A	E	A
L	L	E	C	T	F	O	S	I	C	N	O	U	A	Q	I	N	R
E	A	N	N	O	D	A	M	S	N	T	A	R	N	G	S	Y	G
P	T	I	S	L	E	T	O	M	E	H	T	V	A	G	A	N	E

ASIA
BANGLES
BERLIN
BILLY JOEL
BILLY OCEAN
BLONDIE
BON JOVI
CHICAGO
DAVID BOWIE
DEBARGE
DURAN DURAN
ERASURE
EURYTHMICS
FALCO
FOREIGNER
GENESIS
HEART
INXS
JOURNEY
KAJAGOOGOO
MADNESS
MADONNA
NENA
NEW ORDER
PRINCE
QUEEN
QUIET RIOT
ROXETTE
SCANDAL
SOFT CELL
TALK TALK
TEARS FOR FEARS
THE CARS
THE FIXX
THE MOTELS
THE POLICE
TIFFANY
TOM PETTY
TONI BASIL
TOTO
VAN HALEN
WANG CHUNG
WHAM!



ACROSS
1. Neighborhood
6. Talon
10. Applications
14. African virus
15. Affirm
16. Roman emperor
17. Tempter
18. "Your majesty"
19. Grizzly
20. A group of representatives
22. At one time (archaic)
23. Center of a storm
24. Stop
26. The concluding part
30. Doorkeeper
32. Foe
33. Indefensible
37. Anagram of "Cabs"
38. Killer whales
39. Colorful (Scottish)
40. In a thrifty manner
42. Gladden
43. Vocalization
44. Flatter
45. Insect stage
47. South southeast
48. A Freudian stage
49. A society of women
56. Cogitate
57. Greek letter
58. Tidal bore
59. Weightlifters pump this
60. Identical or fraternal
61. Femme fatale
62. Fender blemish
63. 36 inches
64. Amount of hair63. 36 inches
64. Amount of hair

DOWN
1. Bawdy
2. Double-reed woodwind
3. Not warm
4. Away from the wind
5. For the most part
6. Hindu social division
7. 57 in Roman numerals
8. Relating to aircraft
9. In Britain, they're spanners
10. Intolerable
11. Clairvoyants
12. Delete
13. Classify
21. Yes to a sailor
25. Poetic dusk
26. Gala
27. 12 in a foot
28. Close
29. Uncertain
30. Parental brother
31. Remain
33. Relating to urine
34. Fiber source
35. Tardy
36. Pitcher
38. Indolence 41. Mist
42. Tallest mountain
44. East southeast
45. Accustom
46. A worker of stone
47. Rise
48. Among
50. Hawkeye State
51. Blend
52. Found on most heads
53. Monster
54. Mining finds
55. Lairs

Maze

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- Top Off Brake, Transmission & Steering Fluid
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- Check All Lights, Hoses, & Belts
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- Check Battery

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THIS WEEKS EVENTS

Date	Time	Event Name	Location
4/22	11a	Earth Day: Weigh the Waste	Dining Commons
4/22	2:30p	Earth Week: Campus Clean Up	Wilson 211
4/22	4p	Earth Week: Community Bike Ride	Meet in Wilson Cafe
4/22	7p	Stump A Christian	University Hall
4/22	8-11p	End of the Year Blowout Dance Party! No cover fee! FREE food!	University Hall Lobby
4/23	9a	Westfield River Clean Up	Meadow St, Westfield
4/23	12p	Softball v. Fitchburg State	Alumni Field
4/23	2:30p	Baseball v. Fitchburg State	Alumni Field
4/23	8p	MR. WESTFIELD! Benefit for the Make-A-Wish foundation!	Dever Stage
4/25	4p	Poster Presentation Workshop	Bates 212
4/26	6p	FREE Math MTEL Worshops	Wilson 418
4/26	7p	Salsa Club Interest Meeting	Ely 021
4/26	7:30p	Wind Symphony Concert	Dever Stage
4/27	11:30a	Molecular Gastronomy	Dining Commons
4/27	1:45p	Commuter Council Weekly Meeting: OPEN to all commuters!	Ely 020
4/27	2p	Reflecting on Semester Progress	Banacos Center
4/27	4p	Dysfunctional Family Support Group	Counseling Center
4/28	5p	Passover Seder	Owl's Nest
4/28	8p	Chicago: The Musical	Ely Black Box Theatre
4/29	3p	BEST DINNER EVER!!	Dining Commons
4/29	7p	Open Mic Night	Owl's Nest
4/29-30		NOW THAT'S WHAT I CALL SPRING FEST!	Campus Green

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mkalleran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

'The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 *IT (Wilson) - 5528*

The Westfield Voice

FRIDAY, APRIL 29, 2016

westfieldvoice.com
@westfieldvoice

"The crown. The sash. The glory."

Mr. Westfield pageant grants another wish, rasing over $10,000

Gina Muller
Editor-in-Chief

On Friday, April 23 the annual Mr. Westfield pageant took place, raising over $10,000 for Make-A-Wish Massachusetts and Rhode Island. This is well above the $7,500 needed to grant one wish.

Brandon Trafford, Mr. New Hall and a member of the class of 2017, was crowned Mr. Westfield 2016.

The other contestants consisted of Albert Fava III, Mr. Class of 2016; Daniel Pendenza, Mr. Class of 2017; Alex Veeber, Mr. Class of 2018; Abdullah Shafique, Mr. Class of 2019; Kevin Urban, Mr. Apartment Complex; Christian Capalbo, Mr. Courtney Hall; Tyler Normandin, Mr. University Hall; Marcus Dibacco, Mr. Davis Hall; and Adam Bourdan, Mr. Commuter.

Dever Stage was filled to capacity with students, family, members of Make-A-Wish, and the Westfield community. Mr. Westfield 2015 Justin Connolly hosted the event alongside Haley Batchelder. The event was sponsored by the class of 2017 and the class of 2019.

The judges of the pageant were Barbara Hand; Dan Fullham; Maria Lees, Dinning Room manager, food services; Susan LaMontangne, Dean of Students; Brittany Moniz, alumni and former president of the class of 2014; and Evelyn Dina, current Student Government Association president.

The show started with "My Wish," where each contestant shared a personal wish that they had. The segments that followed were the open-

See **MULLER** *on page 26*

In this week's issue

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The Idea of the Nation
Ted Cruz-Carly Fiorina
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'Knowing to Cook'
Writers Block

Lifestyle pages 14-17
He called me the "T" word
Body Positive

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Men's Baseball
Profile: Nicholas Kates
NHL Matchup
Spurs Success

The objective student press of Westfield State University

VOLUME VII, ISSUE XXIII

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, APRIL 29, 2016

News from other schools

The Berkeley Beacon,
EMERSON COLLEGE
Emerson College announced that novelist Alice Sebold will give the undergraduate addresses at this years commencement ceremony. Sebold is the author of The Lovely Bones and memoir Lucky.

The New Hampshire,
U. OF NEW HAMPSHIRE
The third annual Open Archaeology Day was hosted by the anthropology department at Huddleston Hall. The Durham community gathered to learn about flint knapping, tossing an atlatl and how to practice excavation.

The Daily Collegian
U. OF MASS AMHERST
The College of Nursing and the Landscape Architecture and Regional Planning Department worked together to create a sun-powered meditation labyrinth for finals week. It was created to help students manage stress during the end of the semester.

The Washington Square News,
NEW YORK UNIVERSITY
Last Thursday, NYU Republicans and Young America's Foundation hosted a discussion about the 2016 presidential election with Fox News anchor and Breitbart columnist Jedediah Bila. Many points covered in the discussion were the development of the election in both the Republican and Democratic parties.

Meet the new executive board of the Student Government Association:

Of the 4648 students eligible to vote, 451 students voted representing 11.6% of the full-time day student population. The results are in and shown on pages 2, 3, and 4.

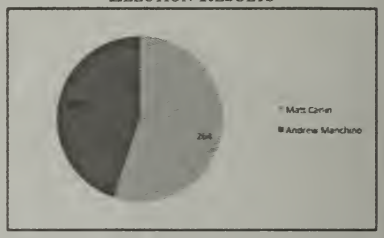
MATTHEW CARLIN
SGA PRESIDENT

Photo provided by the SGA Facebook page

DUTIES

-Presides over all Executive Council and SGA Legislative Council meetings
-Shall appoint and approve chairs and members of committees
-Official liaison for all SGA matters
-Makes appointments to fill vacancies
-Veto power
-Create agenda for SGA meetings
-Must post and spend at least five (5) office hours in the SGA office per week
-REQUIREMENT: Must have spent at least one (1) semester on SGA in any capacity prior to election

ELECTION RESULTS



Matthew Carlin is a Junior Political Science/Economics dual-major who has been a member of the Student Government Association for the past three years. In the last two years he has had the pleasure of serving as your VP of Finance and your VP of Student Life. In these positions he has advocated, fought and worked diligently for various student interests including keeping the Gazebos and increasing the available funding for clubs. As a student leader he has both the ability and experience to guide the Student Government through the 2016-2017 Academic Year.

BRENDAN MCKEE:
VICE PRESIDENT OF STUDENT LIFE

Photo provided by the SGA Facebook page

DUTIES

-Assist President in all duties
-Serve as Chair of the SGA meeting when directed by President
-Assume duties of President in his/her absence
-Monitor and report all issues relevant to the areas of Judicial Affairs, Residential Life, commuter concerns, and Public Safety to SGA
-Chair of the Student Affairs Committee
-Oversee committees functioning under the Vice President of Student Life
-Must post and spend at least four (4) office hours in the SGA office per week

ELECTION RESULTS

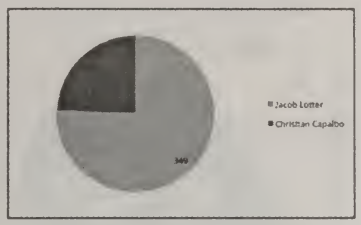
Working on behalf of students has always been a priority of his since he came to Westfield, and he felt that this is a great position for him to take in the student voice and make the campus community as enjoyable as possible.

JACOB LOTTER
Vice President of Academic Life

Photo provided by the SGA Facebook page

Duties

-Assist President in all duties
-Assume the duties of President in his/her absence and the absence of the Vice President of Student Life
-Monitor and report all issues relevant to academic life
-Monitor the work of all committees under the Vice President of Academic Life
-Shall work with Student Trustee to oversee all Representatives-At-Large
-Must post and spend at least four (4) office hours in the SGA office per week



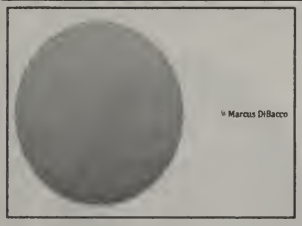
Jacob Lotter is currently a History major with a Communication/Writing double minor. This past year he served as SGA's Legislative Secretary and had the chance to see the inner workings of the Executive Council. He has been working really hard all year to prepare for a larger role and hopes that with the knowledge he has acquired this year, he will be able to show that he can be successful in the VP of Academic Life position.

MARCUS DIBACCO
Vice President of Finance

Photo provided by the SGA Facebook page

Duties

-Assist President in all duties
-Assume the duties of the President in his/her absence, in the absence of the Vice President of Student Life, and in the absence of the Vice President of Academic Life
-Work in conjunction with SGA Advisors to oversee all SGA accounts
-Must abide by all policies dealing with the allocations of SGA funds
-Must report all relevant transactions having to do with club accounts to SGA
-Act as the Representative to the Westfield State Foundations, Inc. Board of Directors
-Work with the Parliamentarian in order to ensure that all clubs are in good standing
-Must post and spend at least four (4) office hours in the SGA office per week



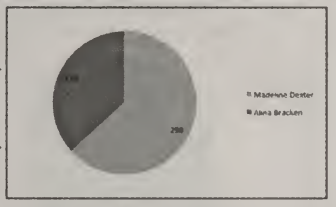
Marcus DiBacco is committed to campus activities and actively tries to better the Westfield State community. Currently pursuing studies in criminal justice and political science, Marcus hopes to take an active roll in leading and helping to improve the campus community. This past year he has been vice president of Davis Hall, as well as representative of the class of 2019.

MADELINE DEXTER
Vice President of Programming

Photo provided by Dexter's Facebook page

Duties

-Assist President in all duties
-Assume the duties of President in his/her absence, in the absence of the Vice President of Student Life, in the absence of the Vice President of Academic Life, and in the absence of the Vice President of Finance
-Monitor all issues relevant to students in the area of programming
-Serve as chair and President of the Campus Activities Board
-Responsible for programs funded by money from the SGA trust fund
-Must post and spend at least four (4) office hours in the SGA office per week
-REQUIREMENT: Must have served at least one (1) semester on the Campus Activities Board, in any capacity, prior to election



Since joining Camus Activities Board, Madeline Dexter has found a love in creating opportunities for students at Westfield State. Currently, she is the advertising coordinator on the executive board for CAB. This past year, she attended the National Association for Campus Activities- Northeast Regional Conference to help find great programming to bring back to campus. Through this experience, she has developed many great ideas on how to improve the campus programming as well as making the most out of any challenges that may be face.

Other Legislative Councils

Multicultural Representative:
Daisha Serrano
Community Relations/Fundraising Representative:
Marissa Cremin

Representatives at Large:

Sandra Mercer
Shayna Arnott
Daniel Chamberlain
Ashley Deleon
Nnedi Oranekwu
Dan Pendenza
Jon Kelland
Michael Reid, Jr.
Rhynell Christopher
Molly Lucey

Class of 2017 Council:

President:
Andrew Morin
Vice President:
Madison Spillers
Treasurer:
Carolyn Raneri
Secretary:
Megan Juchno
Historian:
Andrew Manchino
Publicist: Vacant
Community Relations/Fundraising Representative:
Vacant
Representatives to SGA:
Jon Cubetus
Allison Bancroft
Jasmine Bobbitt
Rehana Yusif

Class of 2018 Council

President: Maddie Creamer
Vice President: Elise McNamara
Treasurer: Marissa Cremin
Secretary: Emily Spakauskus
Historian: Alexis Finn
Publicist: Vacant
Community Relations/Fundraising Representative: Vacant
Representatives to SGA:
Sharleen Varghese
Tyler Cameron
Sarah Kennedy
Kendall Dunbar

Class of 2019 Council

President: Abdullah Shafique
Vice President: Sean Bacon
Treasurer: Andrew Menard
Secretary: Kacie Miller
Historian: Samantha Therrien
Publicist: Marcus DiBacco
Community Relations/Fundraising: Vacant
Representatives to SGA:
Nicole Hannon
Caitlyn Hurley
Vacant
Vacant

KARINA SALLAWAY
Executive Secretary

Photo provided by the SGA Facebook page

Duties

-Responsible for recording, distribution, and filing, the Minutes of all SGA meeting
-Assume duties of President in his/her absence, in the absence of the Vice President of Student Life, in the absence of the Vice President of Academic Life, in the absence of the Vice President of Finance, and in the absence of the Vice President of Programming
-Shall be chair of the Cotillion Committee
-Oversee any presence of SGA in any social media outlets
-Must post and spend at least four (4) office hours in the SGA office per week

This year has been her first year on the Student Government Association and she currently serves as the President of Courtney Hall Council. She originally started as a Courtney Hall Representative to Senate, but stepped up to President when the previous one had to resign. She has found a passion within Student Government and would enjoy the opportunity to have more responsibility on the Executive Council.

REBECCA KENNEDY
Legislative Secretary

Photo provided by the SGA Facebook page

Rebecca Kennedy is a junior political science major with a concentration in international studies and triple minors in sociology, history, and Asian studies. She has two years of experience being on SGA as well as two years of experience on various hall councils in strong leadership roles. She has been recognized for my dedication to this campus with multiple awards. She is committed to making sure your SGA runs smoothly.

Duties

-Oversee units of the Legislature
-Assume duties of President in his/her absence, in the absence of the Vice President of Student Life, in the absence of the Vice President of Academic Life, in the absence of the Vice President of Finance, and in the absence of the Vice President of Programming, and in the absence of the executive secretary
-Responsible for the maintenance of attendance of all SGA Meetings and keeping accurate attendance records
-Executes the roll call at each SGA meeting
-Must create and upkeep the SGA calendar
-Serve as Chair of the Blue Key Committee
-Plan the end of the year SGA banquet
-Must post and spend at least four (4) office hours in the SGA office per week

BRANDON TRAFFORD
Student Trustee

Photo provided by the SGA Facebook page

Duties

-Attend all meetings of the Board of Trustees
-Serve on standing committees as assigned by the Chair of the Board of Trustees
-Represent Westfield State University at the state level
-Inform students of issues affecting Westfield State University at the state level
-Work with the Vice President of Academic Life to oversee all Representatives-At-Large
-Adhere to all bylaws of the Board of Trustees
-Must post and spend at least five (5) office hours in the SGA office per week
-REQUIREMENT: Must have spent at least one (1) semester on SGA in any capacity prior to election

Brandon Trafford is a junior majoring in Business/ Marketing at Westfield State University. He has had three years of experience on our Student Government. He served on the class of 2017 class council, as a Representative at Large, and currently serves the students as the Vice President of Finance on the Executive Board of the SGA. In this position he oversees a $440k budget as well as all student run clubs and organizations on campus.

Westfield River Watershed Association
P.O. Box 1764
Westfield, Mass. 01086
westfieldriver1764@gmail.com
www.westfieldriver.org

April 25, 2016

Dear Westfield State University community,

We are writing to ask for your support. This year for the first time, the Westfield River Watershed Association is participating in Valley Gives, a one-day online fundraising event on Tuesday, May 3 to help local nonprofits. It's our first year and we're told that successful participants reach out to their friends and supporters to ask for their help. Just go to http://valleygives.razoo.com and enter the name of your chosen nonprofit, then follow the donation prompts.

Westfield State has been a great friend to the watershed association, so let us continue this letter with some thank-yous. Thank you to the WSU students who helped at the Westfield River cleanup on April 23. Thank you to the WSU professors who encouraged their students to participate. It makes us feel great to see young people caring about the river and the watershed.

Thank you to the WSU professors who serve on WRWA's board – Brian Conz, Mark Damon, Aaron Reyes and Mike Young. Their energy, ideas and leadership add so much strength to the organization.

Thank you to the WSU science professors and students who perform water quality testing in the watershed, helping improve our understanding of water conditions and their impact on the watershed.

Thank you to WSU for partnering with WRWA to present our annual Westfield River Symposium, held at WSU. These are just some of the reasons we really appreciate everyone at Westfield State.

Finally, thank you in advance to everyone who remembers to go online on May 3 and make a contribution to WRWA on Valley Gives Day.

Sincerely,

Bill Rose, President
Westfield River Watershed Association

Westfield State University signs state-wide agreement to cut cost of bachelor's degree

From Press Release

WESTFIELD, Mass., April 21, 2016 – Westfield State University joined forces with other Massachusetts public higher education leaders today to announce the Commonwealth Commitment, an innovative college affordability and completion plan to help more students complete a college degree. The agreement was led by Governor Charlie Baker and Lieutenant Governor Karyn Polito.

"I am pleased that our higher education leaders have worked collaboratively to create this program to decrease the cost of a college degree and accelerate on-time completion," said Governor Charlie Baker. "Even though public higher education in Massachusetts is already a great value, the Commonwealth Commitment will make it even easier for students to go to school full-time and to enter the workforce faster and with less debt."

The Commonwealth Commitment, the first agreement of its kind in the nation, was signed by University of Massachusetts President Marty Meehan, Worcester State University President Barry Maloney and Middlesex Community College President James Mabry, representing the three segments of the public higher education system, at a ceremony held this morning at Middlesex Community College.

"The Commonwealth Commitment builds upon Westfield

See RELEASE on page 26

Westfield State event takes active stand against addiction

From Press Release

WESTFIELD, Mass., April 21, 2016- In an effort to take an active role in alleviating the state-wide opioid crisis, Westfield State University will hold a film screening of "THE ANONYMOUS PEOPLE" followed by a panel discussion on Monday, April 25 at 6 p.m. in Dever Auditorium in Parenzo Hall. The event is free and open to the public.

"THE ANONYMOUS PEOPLE" is a documentary about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. The story is told through the many different faces and voices of the leaders, volunteers, corporate executives, and celebrities.

"The movie discusses the stigma of addiction, the current lack of knowledge about people in long-term recovery, and the need for those invested in addiction recovery to unite efforts to petition our elected officials in passing comprehensive addiction recovery legislation," said event organizers Susan Leggett, chair of the communication department and Nora Padykula, associate professor of social work.

According to Faces and Voices of Recovery, each day, 129 Americans die from drug overdose, more than half from prescription drugs alone. While addiction is a treatable disease, only about 10 percent of individuals who need treatment are receiving it. Locally, at least four people die each day in Massachusetts from opiate overdoses.

The film screening and panel discussion are the direct result of a number of concerned faculty and staff on campus who have been meeting since February to discuss strategies to provide support and information to students, faculty, staff, and the greater community about addiction.

"Addiction does not discriminate," Leggett said. "Everyone is impacted by someone who is either addicted or loves someone who is addicted to alcohol or other drugs. Very few people do not know someone who is personally involved with an addiction in some way."

The panel following the screening consists of local professionals who interact and work with addicts on a daily basis including: Sarah Camerota, LICSW, Carson Center In-Home Therapy Program; Brian Cahillane, LICSW, Westfield State University Counseling Center; Cora Chase, LMHC, CADAC, AdCare Hospital & Outpatient Programs; Tom Medlar, LMHC, LMFT, New England Geriat-

See RELEASE on page 26

You are invited to

RHA and Hall Councils End of the year event

FRIDAY, MAY 6TH

Time: 3:00pm – 7:00pm

Location: The Green

Dunk Tank
Face Painting
Fried Dough
Hall Olympic Games
Adrenaline Rush, Melt Down
and more!

RESIDENCE HALL ASSOCIATION
MAKE YOURSELF AT HOME

"Dear Hope," the success of a creative vision

Paul Falcone looks to the future of the community that's helped thousands

Sandra Mercer
Head Copy Editor

It is clear that issues surrounding mental health are plaguing our country. According to the Center for Disease Control and Prevention's 2014 report, the second leading cause of death for people ages 10-34 was suicide. Overall, suicide is the tenth leading cause of death in the United States for all ages. One site, however, is working toward advocating for and supporting those who are struggling with their mental health.

Founded by Paul Falcone, a senior here at Westfield State, Dear Hope is a community-based website dedicated to creative work focused on mental health.

"The biggest thing has always been bringing people together and community," Paul said.

The site showcases poetry, photography, videography, artwork, and more. Their "Coping: This is Who We Are" series highlights personal stories from both those suffering from mental illness and those who know someone who does.

"Show me your writing, show me your poetry, your sculptures, your drawings, your music. I want to show it and I want to celebrate it," Paul said.

Originally from Charlton, Massachusetts, Paul has been drawn to these more creative outlets since he can remember. Paul gravitated toward music when he received a guitar from his grandmother at age 12. Though at the time he was more concerned with sports, his mother forced him to attend guitar lessons and eventually his passion for music grew.

This passion became crucial when Paul began struggling with depression around the age of 13. Through songwriting and music, Paul found an outlet.

"My mental health wasn't that great in high school, but I disguised it," Paul said.

Despite his deteriorating mental health, Paul continued on in his musical pursuits as a way to cope. His former band, Scan the Sky, had a pretty large following in Western Mass, and the site's name was taken from their debut CD, "Dear Hope." Although the band broke up in 2012, Paul eventually went on to perform with another band, Sleep Season. "We Must Be Broken," the site's URL, came from Sleep Season's debut album title.

Pictured above are Falcone (right) and two main contributors to "Dear Hope," Zach Johnson (left) and Danny Kochanowski (center).

In Paul's junior year of college, he took Electronic Writing for the Media. One of the projects for the class was to create a blog and keep it going throughout the semester. Paul says that the creation of this site—now known as Dear Hope—was the turning point in his mental health.

Although a pivotal moment in self-realization, Paul admits that he needed a helping hand during this integral process.

"Even then I needed a push from Zach to get it going," he said.

Zach Johnson, originally of Waltham, Mass., has been heavily involved in Dear Hope since its creation. Earlier in his life, Zach was a sports fanatic. He participated in football, tae kwon do, wrestling, and even went to All-States for track. Zach was also the head news anchor for Waltham News Now for a period of time.

"I always dreamed of being on ESPN," he said.

Freshman year of college, Zach ran track. Unfortunately, he suffered a devastating hamstring injury that plagued his whole body. He was thus unable to run track, and unsure of his fate. Deep down, however, Zach knew that he couldn't run track forever.

"I believe in God, and he definitely had a plan for me," he said.

Similarly to Paul, Zach took a creative writing class his junior year of college.

"I don't like writing papers, but I do like writing about things that are going through my mind. My style is a little bit different," he said.

When Zach bought his first DSLR camera the summer before his junior year, things changed dramatically for him. Zach took this passion and ran with it.

"This was my stepping stone. I invested in myself," he says.

He and Paul took Intro to Photography together, but joked about their rough start.

"Our first assignments were awful," Paul laughs. "I don't think we were fully interested yet."

As the semester progressed, they were given more freedom with their assignments. This was when things started to fall into place. They were more invested in their work, and their skill with the camera was improving greatly.

"For me, when I'm working on something, and I'm not fully invested, I'll take shortcuts. If I'm invested, though, and I like what I'm doing, I'm in 300 percent," Paul said.

Their final project for the class ended up being one of the most prominent and popular parts of Dear Hope. This project grew to become the Consumed series, in which the photographs aim to depict what mental illness looks like on the outside. The black cracks—painted on their subjects with body paint—combined with their models' commanding emotions sent a powerful message: "This can happen to anyone, regardless of your race, age, gender, how successful you are. Depression doesn't discriminate against anyone. It can choose whoever it wants," Paul said.

This project began as simply as it could: one camera, one battery, one model.

"We had to go to McDonald's to charge the battery," Zach laughed.

After the first Consumed shoot, the series continued and dozens of people got involved. More photos, more models, and more life was thrown into this series. The project got an immense amount of positive

CONTINUED

feedback. The site drew in 5,000 hits in one week.

"The plan was never for it to be this big. Nobody ever expected it to be this big. We just wanted to do it because we thought it would be cool," Paul said.

Paul even noted one message in particular that stood out to him. A young girl who saw this project and realized she was struggling reached out to him, saying that she had stopped cutting herself and told her parents that she needed to get help.

"It was the most surreal, humbling experience," Paul said. "Those kinds of messages really give you purpose."

Although many received the project positively, there was also some significant backlash from academia. One photograph in particular depicted a white model with hands, covered in the black body paint, that were grabbing at her. Some were upset with this choice, as they believed it perpetuated the stereotype of black male violence against white women. Although this was not the intention of anyone involved in the project, it is still an important viewpoint to consider. Paul personally talked with some of those upset by the image, and many insisted that the image be taken down.

Paul felt defeated. Everyone involved was so invested and passionate about the project, that hearing the possible faults in it was devastating. At first, he did not know what to do. The image had received so much approbation and brought in thousands of hits for the site. Ultimately, Paul decided to keep the image up, as the voices that were upset by the image were much smaller than the voices that were not. The true intentions of the photographs, combined with the truly powerful, positive feedback, was enough to convince Paul that they should stay.

Most recently, Zach shot the music video for MTV's "The Real World" star Sabrina Kennedy, for her song, "If Only."

"This music video was the best thing to happen," Zach said.

Kennedy loved the Consumed series, so when Paul and Zach proposed that they base the video off of that series she was all in. The song

itself was about Kennedy's own experience of depression following a breakup.

Along with elements from the Consumed series, the team incorporated some of their own specific ideas into the video. The included a lot of elemental aspects, like the water and bathtub scenes.

"There's definitely a lot we can improve on, but I'm proud of what we created," Paul said.

"We're not only getting better at our crafts, but we're also getting better at understanding mental health," Zach said

Paul and Zach are not the only two making Dear Hope the incredible site that it is. Alaina Leary, a 2015 graduate from Westfield State and a native Bostonian, is an editor, author, and social media contributor for the site. Alaina currently works full time as a social media editor and is studying for her MA in publishing at Emerson College.

Previously, Alaina posted a "Coping" piece on the site about her family's history with mental illness and her own struggles with PTSD. When Paul asked Alaina to join the Dear Hope team several months ago, she was working for "Doll Hospital," a magazine dedicated to mental health, and he knew she would be a great resource for the site.

"I had previously published a piece on the site, and I thought it would be great to get more involved," she said.

As for Alaina's favorite part about working with Dear Hope? Using social media as an outlet to bring traffic to the site and spread the word.

"I've been able to share several DH pieces on other pages' social media that I manage, when it is applicable," Alaina said.

More specifically, Alaina felt particularly draw to the Consumed series, like many others were. Getting the word out about this project was something near and dear to her heart. She even wrote about the series for Germ Magazine.

"The piece got a record breaking amount of traffic for our magazine," she said.

Danny Kochanowski, author and editor for the site, has been an extremely valuable member of the Dear Hope team as well. Danny's candid accounts of his own struggles with mental health, as well as his talents in both writing and editing, have only heightened his contributions to the site's success.

"Danny was the first person who came to my mind, without hesitation, when I wanted to expand Dear Hope for the first time. Not only is he one of my best friends, but he has a way with words that is both poetic and knowledgeable," Paul said.

Most notably, Danny has begun working as a Peer Advocate and Community Bridger for the Western MA Recovery Learning Community (RLC).

"In the peer model (as opposed to our current clinical model), I have found the empathy, compassion, and open-mindedness that the mental health system lacks. The wonderful people that I have met and I look to put the humanity back into the forever-overlapping process of struggle, recovery, and living a full life," Danny says in his Dear Hope bio.

"As a psychology major and the president of Active Minds, Danny embodies everything that Dear Hope stands for and then more. I'm constantly blown away by every new article he posts and he continuously inspires me to be a better writer, and person, in the process," said Paul.

Last, but certainly not least: Amanda Canale, social media coordinator and author. A current senior here at Westfield, Amanda originates from Pittsfield, Mass. and is a Public and Corporate Communications major with a minor in Women and Gender Studies.

The newest member to the Dear Hope family, Amanda has stepped up to the plate and is thriving in her new role. Recently, Amanda has started creating small graphics depicting quotes from various pieces submitted to the site, and they have gotten amazing reception.

Much like Danny, Amanda's personal struggles with mental health were depicted in her own "Coping" piece a few months back. After being bullied throughout elementary school, Amanda found herself trapped in negative self-talk, insecurities, and depression.

When Paul asked her to join the Dear Hope team, she jumped at the opportunity. A good friend of both Paul and Danny, Amanda credits her mental health self-discovery to a late-night conversation between the three of them that turned to the topic of childhood memories and depression.

"It may not have seemed like much now or to them, but back

see **MERCER** *on page 19*

opinions & editorials

FRIDAY, APRIL 29, 2016 NATHAN GODARD, EDITOR

The idea of the nation

Nathan Godard
Editor-in-Chief

The idea of the nation-state is old and has stood the test of time, but for how much longer?

A nation is exactly what you may think it is: a particular group of people united together with some form of government that possesses defined borders. This is what we think of when we say "nation;" we think of sovereign countries. But what makes those people unite?

Well, for the most part, the majority of nations developed through a particular ethnic group banding together and expanding. Other communities have united through common beliefs or practices, but in the end, there is still a unified nation-state. Through this, the ideology of nationalism—the belief of doing something for the collective, and having pride in your nation and the cultural heritage that is sometimes tied to that—was born.

The Romans developed something similar in their own culture. Essentially, they developed the idea of a unified allegiance to a collective of individuals that you identify with. It was an idea perpetuated by the Roman lyrical poet Horace, who said so famously, "Dulce et decorum est pro patria mori." Thios roughly translates to, "It is sweet and glorious to die for one's country."

This became so important in Eurasian cultures that we forced these traditions onto the African colonies, carving out pieces of their world and creating artificial boundaries around them. This was never before

PHOTO FROM WORLDATLAS.COM

part of their culture, but subsequent to the decolonization of countries such as Africa and Australia, the natives of these cultures—if they survived—had to reconcile their own country with the system that had been presented and forced upon them.

Why do we feel the need to create artificial boundaries around large groups of people? Why do we separate ourselves?

Well, for many years, there were ideas of nationalism that were put in place to preserve culture and religion. Now, however, the borders between countries are beginning to blur. The diversity present in many modern countries is quite large, and more often than not, there are a multitude of religious and philosophical beliefs present there. Now this is not to say, by any means, that there is not tension between ethnicities and different religions; however, as a global society, countries—especially in Europe and countries under the European Union—are moving away from the traditional nation-state.

I believe that this is can be a good thing. Many terrible things have been done in the name of nationalism. Countless lives have been taken in the name of conquest, religion, and culture; however, the root of all of this was always nationalism. This is not the rule, of course, but it is nationalism that motivates and gives people the ability to make any justification for their actions.

A great example of this is Adolph Hitler. He believed in restoring the German nation-state, filling it with people of perfect German blood and heritage. In his opinion, the Aryan race was the one. He also believed that he was doing the best thing for his people by eradicating anyone he believed would endanger the gene pool of his perfect people.

Those that were different were taken out of the picture. In other words, he fought hard to eradicate people—Jews, homosexuals, gypsies, cripples, and those with mental illnesses—for the "good" of the nation state.

Now, this is not to say that every nation will be like Hitler's Third Reich; however, every country has the capacity to mirror, in some form, the ideologies of Hitler's Nazis. Every nation in history has had the capacity to go in this direction, but not all of them have.

There are plenty of possible negatives from the further blurring of the lines between countries. The ones with the true power will be those who can manipulate culture through media and entertainment. Often, the entities that have these tools are wealthy corporations. Wealthy corporations are also the ones, through the purchasing of elections, with political policy in their pocket, i.e. Citizen's United.

The continuation of the blur between borders and separate sovereignty signals the increase of the influence of corporations and other entities, which may or may not be a good thing; however, the continuation of the nation state—a very old and traditional system—is not perfect either.

It is important to understand the current trends, and the crossroads the nations of the world seem to find themselves.

Ted Cruz-Carly Fiorina ticket a last stitch effort at relevancy

Joshua Clark
Editor Emeritus

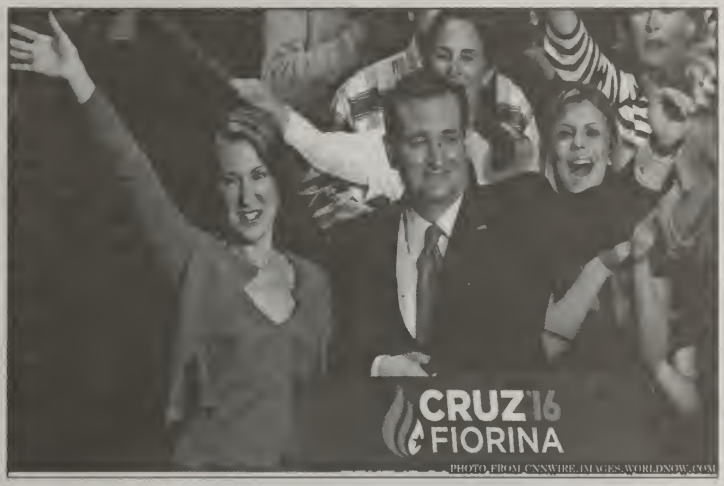


PHOTO FROM CNNWIRE.IMAGES.WORLDNOW.COM

Ted Cruz, U.S. senator from Texas and GOP presidential candidate, announced Wednesday the choice of former Hewlett-Packard CEO Carly Fiorina as his running mate. Fiorina had previously been a candidate for the Republican nomination for president until dropping out on Feb. 10.

Fiorina cited Cruz's conservative values and family-oriented morals as reasons why she is endorsing him and riding sidecar on his ticket. Cruz cited her conservative values and love of the U.S. Constitution as reasons for picking her.

The only problem in this equation is that business mogul Donald Trump is the candidate that is a little under 300 delegates away from clinching the Republican nomination for president, not Cruz.

Cruz's announcement of a running mate is almost like a dream that seems too odd to be real or fake. It's the sort of dream from which you wake up, and for which you are embarrassed to have dreamt.

Quite frankly, it is too early for "Veepstakes."

This fascination with who the candidates will pick for their running mates is better meant for the end of June or the beginning of July, not the end of April when there are still five candidates in the race.

Jack Shafer, in a piece published on POLITICO.com Wednesday, called this Veepstakes the fodder for rookie journalists and lazy editors.

"If you were to jot down all the bylines associated with veepstakes stories during the pre-convention period, you'd notice that many of them belong to either rookie reporters, who can't find a meaty political story, or to lazy reporters, who can't be bothered to look for a meaty one," said Shafer.

It's true. This obsession with who will be the running mates of each of the five candidates for president is the stuff for which newspapers waste ink and television networks waste minutes.

I, personally, have even been caught up in this primitive news story. Last Sunday on "The State of the Race," a show hosted on 89.5 FM WSKB Westfield by Joel McAuliffe and myself, over fifteen minutes was focused on logical choices that Hillary Clinton could make for her running mate.

McAuliffe and I narrowed it down to Senators Tim Kaine (D-VA) and Cory Booker (D-NJ), Secretary of Housing and Urban Development Julian Castro, and Gov. Terry McAuliffe (D-VA, no relation to my co-host).

We could not even come close to who might be foolish enough to be Donald Trump's VP choice, let alone Cruz or Ohio Gov. John Kasich. We did, however, ask former U.S. Senator Scott Brown (R-MA) a few weeks ago if he would be Trump's running mate; he politely declined.

The real time to question who might be the running mate of the presumptive nominees for the two major parties is right around the time of the conventions.

For the Republicans, that would be July 18 through 21, and for the Democrats, July 25 through 28.

By then, all of the primaries and caucuses will be finished, so we will know who the presumptive nominees will be.

However, there might be some difficulty with this. U.S. Senator and Democratic candidate Bernie Sanders has repeatedly said he will stay in the race until the convention, even after Clinton's Super-dee-duper Tuesday sweep (we have officially run out of names for Tuesdays with multiple primaries).

Democratic and Republican candidates alike have dropped out of the race with far more possibility of earning the nomination, so it begs the question why Sanders stays in the race.

GOP candidates Cruz and Kasich formed a pact to campaign only in states that they are stronger in, but they too have a difficult path to the nomination.

Veepstakes should not start until we have a 99 percent gut feeling that Hillary Clinton will be the Democratic nominee, and that Donald Trump will be Republican nominee (I think I just threw up in my mouth writing this). This can only happen around the corner from the conventions.

Only then will we be able to say who the running mates are. Cruz's Wednesday publicity stunt was just that. His campaign is fledgling and has no real chance to win the Republican nomination outright.

It would take a second ballot at an open convention for Cruz to become the Republican nominee, something that the Republican National Committee has not signaled will happen.

Just Wednesday, news flashes came across that Trump surpassed 2012 GOP nominee Mitt Romney's pre-convention popular vote total. It seems more likely than not that Trump will be the GOP nominee.

With Clinton's Tuesday sweep and her winning of New York, a state that is native to both Democratic candidates, Sanders is virtually out of reach as Clinton handily ran away with more delegates and certainly more super delegates.

So, good luck in the remaining states, Cruz/Fiorina 2016; you're going to need it.

Dr. Frank Giuliano: A multi-faceted faculty member

Cathleen Beals
Voice Contributor

"Who is that man dashing up and down the hallway?" I asked my new colleague.

"Oh, that's Dr. Frank Giuliano. He is always running around the department in a big hurry. He is always busy doing something or going somewhere," she said.

It was my first day at Westfield State University. Everyone was helping me learn my way around, all the while stopping by to introduce themselves.

Frank waves to me on the way by as he welcomes me aboard. The longer I work here, the more I notice that he always seems to be sprinting up and down Wilson Hall's third floor hallway. On his way to class, he smiles at students, calls to colleagues, checks his phone, and hurries to his classroom to greet his waiting students. I wondered why he was in such a rush and what makes him so busy. When I got the chance to write about Dr. Giuliano for a class project, I decided to find out what makes this man run.

I met with Dr. Giuliano in his faculty office in Wilson Hall in mid-November. It is an interior office with no windows, but it has a fresh coat of beige paint. This may sound like a drab space, but his office is filled with boxes full of lab equipment used in his science education classes. He has everything from brightly colored children's toys to books full of fun science experiments. He even has boxes of spaghetti. They are all available to help him teach his students how to teach science to their future students.

Dr. Giuliano has a busy teaching schedule, and is involved in many educational and student activities after hours. Recently, he made a presentation at a meeting of the campus chapter of Kappa Delta Pi, the International Honor Society in Education, on teaching methods for future elementary school teachers.

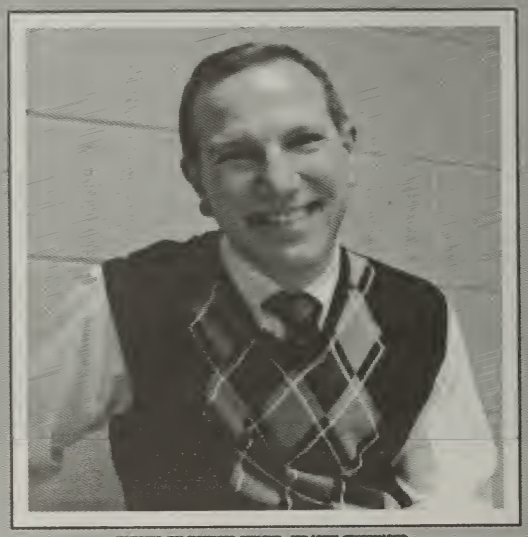


PHOTO PROVIDED BY DR. FRANK GIULIANO

Frank explains that his interest in scientific study has early roots. It all started in the fourth grade with his science teacher Mrs. Brewster.

"She made science interesting. She would have the class do many interactive, hands-on projects and activities," he said.

He smiled at his memory of her and said she was really inspiring and made science fun. One of the lessons Frank wishes to impart to his students comes directly from his experiences with Mrs. Brewster

"For teachers who feel they may not be making a difference, especially in the earlier grades, they should think again," Frank said.

Those classes lit the fuse of scientific interest in a young Frank Giuliano. He wants young teachers to know that they need to persevere because you never know what lesson may inspire a young student.

"I thought, if I could teach science the way she did, science would be fun," he said.

Frank's love of science continued to grow from fourth grade. He also feels fortunate to have had a high school chemistry and physics teacher who inspired him and continued to encourage his love of science. This teacher encouraged Frank to go to college and expand his knowledge and love of science.

Frank's educational background includes a Bachelor's of Science in Chemistry from the Rochester Institute of Technology and a Ph.D. in Science Education from Syracuse University. In graduate school, he began as a chemistry major and completed his Masters of Science at Syracuse. As a teaching assistant during his masters program, Frank realized how much he enjoyed helping people learn science, as opposed to actually doing experiments.

"I found myself being more interested in doing my teaching assistant responsibilities and helping people learn, rather than being behind a lab bench," he said.

He became intrigued as to how his students were thinking about science, problem solving, and trying to make sense of scientific concepts. At that point, he switched into the Science Education doctoral program at Syracuse.

"I have never regretted my change of educational focus," Frank said.

He truly enjoys watching his students grow and become teachers. He says that will never change, no matter how busy he is, how much paperwork the administration asks him to do, or how many new K-12 educational models he has to adapt to.

Frank tells me that he has taught at Westfield State for 19 years.

"Oh, they go by so fast," he laughs.

When choosing a workplace, Frank knew he wanted to remain close to his family. Frank grew up in upstate New York, so Westfield State and Western Massachusetts felt like the right fit. He tells me he held off giving his answer to another institution because he knew Westfield was where he wanted to teach.

Frank loves teaching and working at here at Westfield. He enjoys connecting with his students.

"Even if I am having a bad day, interacting with students often, even if it's just for an hour makes the day better. That feeling is how I know I chose the right career and the right place to work," he said.

Frank genuinely likes and respects all of his colleagues, and feels like there is a real family-like atmosphere in his department. Frank is a captivating speaker, and often entertains his colleagues in the staff lunchroom with student stories and comical anecdotes.

Dr. Carla Desilets sums up Frank rather succinctly: "Frank cracks me up!"

Frank says that he feels fortunate because he knows that it is not like that in all departments on campus. His experiences on campus have shown him that the people at Westfield State—both staff and faculty—are working hard to

help students learn and graduate.

"I have great job satisfaction. It's almost not like work," he laughed.

For Frank, anything that takes away from teaching or student time is a frustration.

"I want to spend my time and energy doing what I think I am here for, which is serving our students," he said.

Lately, he is finding that paperwork, reports and other mundane tasks are stealing this time from him.

"I am spending a lot of time not doing my job, which is teaching," Frank said.

He feels that much of this work could—and should—be restructured, streamlined, and made easier and less time-consuming. He comments that, lately, this mountain of paperwork has made his life busier than ever. Sometimes he feels that it is never-ending, as many of these tedious chores have crept into his summer break.

When Frank graduated from Syracuse University, he knew he did not want to work for a school primarily focused on research.

"I did not want to be at a research institution. I still feel that way today," Frank said.

Westfield State suited Frank perfectly.

"I wanted a place where teaching was the primary focus, but I could continue on in my scholarship with research if I wanted to. I knew after the interview that this was the kind of place I wanted to be," he said.

While teaching and working with students is his primary focus, Frank is able to participate in educational scholarship and research, and he does so on a regular basis.

Recently his colleague, Dr. Karsten Theis, published a paper in the Journal of Chemical Education. Dr. Theis acknowledged Frank in his paper.

"Frank is my go-to guy for educational research," said Theis.

Dr. Rick Rees echoed that sentiment.

"Whenever I have a new idea about classroom teaching, I will ask Frank his opinion," said Rees.

Frank is also an active member of the National Science Teachers Association and the National Association for Research in Science Teaching. He frequently presents papers and attends conferences for both of these organizations.

In November of 2015, he and colleague Tarin Weiss made a presentation at the Massachusetts Science, Technology, Engineering and Math (STEM) Summit in Worcester, Massachusetts entitled "Science Teaching Efficacy in Elementary Pre-Service Teachers." The title may sound a bit overwhelming, but his eyes light up when he speaks of it.

While Frank did teach at the middle school and high school levels for a short period of time after graduate school, he decided to move on to teaching at the college level.

"Teaching at the college level allows me to do something that K-12 does not. It allows me to interact with pre-service, future teachers," he explains.

For Frank, teaching future teachers is one of the most important reasons he is working at Westfield State. He feels that all of the time and effort he gives his students is an investment in their futures and will continue to advance science education in general. He says all of this hard work and its outcomes for himself, his students, and science are definitely worth all of the running he does.

Frank did not want to teach at an elite institution. His Ph.D. from Syracuse would have allowed him to teach at an upper-tier college, or even an Ivy League college; however, Frank chose Westfield State. Frank knew that Westfield and its students were a reflection of who he was as a person.

"I was the first in my family to go to college," he said.

Many students who attend Westfield State are first-generation college students.

"I had a wonderful childhood, but my parents were factory workers. My family was not rich, and no one had gone to college," he said.

This part of Frank Giuliano's history is pivotal to him as a person and as a teacher. As the son of Italian immigrants, he came from what he would describe as a poor background. Despite this, Frank overcame his personal and financial hardships to achieve success and personal fulfillment.

He had no idea about scholarships, what going to college really meant, what it could do for him, how much it would cost, or how he would pay for it. He ended up paying for his education himself with the help of student loans and working off-campus jobs.

Frank wants Westfield students to know that he "gets it" when they say they are attending school full-time and working two jobs. He understands what they are going through and can relate to their struggles. He shares his journey with his students because he wants them to know what the outcome can be with education, determination, and perseverance.

"I think I defied a lot of odds, not only to go to college, but to get an advanced degree and to be a college professor from where I came from. I hope I can help my students do the same thing," he said.

I have heard so many good things about Frank that when I speak with his colleagues, I have to ask if Frank has any faults. The overwhelming answer was yes. His colleagues all think that Frank is extremely helpful, perhaps to his detriment. While Dr. Aaron Reyes says that Frank is "always willing to help," Dr. Pat Romano commented that he "does not know how or when to say no." He is always available to assist with a project, presentation, or committee meeting, but that does not leave much time for his own projects and work. Perhaps that is why he always seems to be running up and down Wilson's hallways.

Franks efforts to work toward change for students and young people extend off campus as well. Last year, Frank was appointed to the Massachusetts Lesbian, Gay, Bisexual, Transgender, and Questioning Youth Commission. This committee meets in Boston once a month. This commute adds to his time crunch, but he knows this is important work and he wants to make whatever contribution he can.

As a gay man, Frank feels that it is important to work towards changes in state and local laws that negatively affect LGBTQIA+ youth, both in Massachusetts and beyond.

Frank also feels that it is important for him to be an "out," open, and visible gay man on campus.

"One of the most satisfying parts of my nineteen years here is being comfortable . . . being an 'out' faculty member," he said.

He knows there are many students on campus that may be struggling with their sexual orientation or identity. He wants to provide a safe, judgment-free space for them.

"If I can help even one student to overcome any anxiety or fear that they have, I feel like I've done a service . . . just by being who I am," Frank said.

Frank also fears that technology, while a great tool, "is making changes in our students that are not helpful to them." As a social constructivist teacher, he sees his students steadily losing the social part of learning due to the consistent use of technology, especially in the classroom. He states that in the past several years he has noticed student's communication and interactive social skills diminishing.

"I am seeing [this loss] in my students and it kind of saddens me," he said.

He fears that students may be becoming dependent on technology, instead of developing the ability to think things through on a more conceptual level.

"Knowledge is not transferable from person to person or from teacher to student, knowledge has to be constructed in the mind of the learner . . . then ideas are shared with others . . . to make the understanding more meaningful," Frank said.

Frank is also very concerned about the trend toward online learning in the sciences, and he is adamant on this point.

"I know I am going to sound like an old fuddie duddie, but in science it is so much about the doing; that's how we learn. It is more about science process, not just science content," he said.

Online labs will not allow you to use all of your senses, such as seeing a chemical reaction in a beaker, learning the process of pouring chemicals into a flask or test tube, smelling when your chemical mixture is not right, or spilling your

see **BEALS** *on page 25*

arts & entertainment

FRIDAY, APRIL 29, 2016 MONIQUE DESNOYERS, EDITOR

quick hits
as of April 27, 2016

Top 10 Singles
1.Panda – Desiigner
2.7 Years – Lukas Graham
3. One Dance – Drake Featuring Wizkid & Kyla
4.Work – Rihanna ft. Drake
5.I Took A Pill in Ibiza – Mike Posner
6.Work From Home - Fifth Harmony ft. Ty Dolla $ign
7. No – Meghan Trainor
8.Pillowtalk – Zayn
9.Love Yourself – Justin Bieber
10.Me, Myself & I – G-Eazy x Bebe Rexha

Top 5 Albums
1.The Very Best of Prince -- Prince
2.Purple Rain (Soundtrack) – Prince and The Revolution
3. Sailor's Guide To Earth – Sturgill Simpson
4. ANTI- Rihanna
5. Santana IV- Santana

Top 5 Movies
1. The Jungle Book
2. The Huntsman: Winter's War
3. Barbershop: The Next Cut
4. Zootopia
5. The Boss

Upcoming DVDs
1. Son of Saul
2. Joy
3. Deadpool

KNOWING TO COOK

A toast to Shakespeare

Ryan Cashman
Voice Columnist

Monday, as I was drinking my morning coffee, I came across an article in the food section of "The New York Times," which appeared to be odd in placement. The article was titled "Raise a Glass to Shakespeare," and I was pleasantly surprised to find that the article was a witty and well-written account of the journalist's encounter with cocktails based on some of the Bard's most famous work. It appears that themed cocktails are becoming ever more popular, as proved with such publications as Tim Federle's "Tequila Mockingbird" and "Gone with the Gin," and Caroline Bicks and Michelle Ephraim's "Shakespeare, Not Stirred," which was referenced in the "Times" article.

I mention Shakespeare because April 23 was the 400th anniversary of his death. Love him or hate him, you cannot deny that Shakespeare's endearing legacy will continue to be just that: endearing. Actors, directors, and writers alike have continually spoken to the universality of Shakespeare's themes—love and revenge being the most popular. Despite his tendency to write about kings, Shakespeare himself held more in common with the regular man than any of the royal heroes and scoundrels who became some of his most famous characters. He wrote for the masses, and if he's still popular 400 years after his visit with the angel of death, it is safe to say that he will remain so for many years to come.

Now, on to the food. From Romeo and Juliet, I've lifted a quote: "Tis an ill cook that cannot lick his own fingers." I'd replace "fingers" with spoon, but I digress. The point is that, even 400 years ago, someone understood the importance of food and its relationship to humanity.

We are the only species on the planet that actively takes the natural ingredients around us and transforms them into something completely different, and often mind-blowingly tasty. Let's just say that the food in Bill's time did not have the same panache, flare, or creative ingenuity as the cuisine of modern day. Honestly, it didn't need to. Up until that point, humans were really interested in one thing: survival. With the coming of the Renaissance, Europe was lifted out of the dark ages and people could, as they did in ancient times, begin to enjoy more of life's pleasures. Those pleasures being: art, theatre, literature, and food.

Societies, whether they are ancient, medieval, modern, or postmodern, have all had a food culture in one form or another; however, I think it is safe to say that within the last fifty years, food has truly skyrocketed as a profitable industry. I'm not talking about fast food or industrialized sludge, because those don't count. I'm talking about the rise in three things: multiculturalism, writing, and popularity.

I'll be brief. In multiculturalism, we have fusion cuisine—which I'm not totally convinced by yet, but I welcome the experimentation—and the fact that you can find every niche type of food in any metropolitan area on Earth. Case in point: there was an Asian vegetable market a block away from my apartment in Florence. These niche metropolitan efforts fuel the rise in food writing, which I don't need to tell you has become stupendously marketable over the last 20 years. The food writing section of Barnes and Noble has grown in size so quickly; it occupies nearly four whole bookshelves in my local store.

This leads to the final thing: popularity. Despite the fact that last week I said that we're scared of food—which we are—that doesn't diminish the fact that food is insanely popular. You have thousands of restaurants, food shows, cookbooks, articles, and movements that are all focused on food. Some idiot has even spent three years of his life writing a food column for his college newspaper.

Of course, what does all of this have to do with Shakespeare? In my opinion, he understood the world better, perhaps, than any playwright before or since. As I mentioned, his themes are universal. His plays are still put on by theatre companies every year, and he understood food.

There are a plethora of quotes in his plays related to food and drink, and they are typically spoken with reverence and importance. Why, you ask? Because Bill Shakespeare was ahead of his time. And that, I think, is something we can all agree on.

As always: buona tavola é mangiare bene!

The not-so-secret ingredient to good writing

Monique Desnoyers
A&E Editor

PHOTO FROM THEODYSSEYONLINE.COM

You feel like you are sweating so much that there is a puddle in your seat. Your heart is beating so fast that you swear people can see it as you wait for the perfect moment to escape the classroom. Your professor begins collecting that ten-page paper that is due, so you camouflage yourself amongst the students that have the assignment and manage to slip through the door unscathed while avoiding eye contact with your professor. Whew! Crisis averted right?

We have all been there, including me. But what if I told you that there is no need to experience the aforementioned situation? It is easy to avoid if you simply recognize that writing is a process, and your professors know it.

Personally, I have always struggled with getting papers done on time because I liked them to be absolutely perfect when I handed them in. This led to many all-nighters and missed assignments, as well as a lot of procrastination, bad grades, and all-around anxiety.

I was stuck on the idea that when the perfect moment presented itself, I would sit down and write this beautifully intelligent and organized paper that would blow my professor's mind. But, that moment never came. The due date would arrive, and since my draft was not perfect, I would decide it would be better not to hand in anything at all. Moments like this would eat away at me; I would freeze trying to write a paper because I felt like there was no way I would ever write a paper that was good enough. I think to myself: why bother writing at all when it's never going to be perfect?

Here's the thing: there is no "perfect moment," and absolutely no one sits down one day and writes a perfectly polished paper.

I was approaching life with what Carol Dweck would call a "fixed mindset." This is when you think you have reached your limit; you think your skill level has no chance of any more improvement, so you decide to give up on further development. Instead of having a "fixed mindset," Dweck says that we should approach situations with a "growth mindset." This is when you approach a challenging problem or task with perseverance. You do not limit yourself, and there is always room for improvement when tackling life with a growth mindset.

Writing needs to be approached with a growth mindset because it is a process. A process means there are multiple steps that need to be taken before completion, and in writing, each step is a draft that gets built upon until you reach a final product.

Sometimes students get bogged down with the idea of writing multiple drafts, but I'm not kidding when I say that they are the secret ingredients to good writing. Think of it this way: writing your paper should be like cleaning a dirty house. You cannot simply walk in and clean everything at once. Instead, you clean the house step-by-step. You start with the dishes in the sink or the clothes that need to be folded in the laundry room.

Those dishes in the sink or the laundry that needs to be folded are what are known as "shitty first drafts." Shitty first drafts are when you sit down and write whatever comes to mind without worrying about the final product. You'd be surprised to find out how much you can say if you simply write what you're thinking.

Once you finish that "s***ty first draft," you can begin revising further and further until you are happy with your paper.

Now, if you are a perfectionist like me and don't reach a point where you are happy with your paper when the due date comes, don't worry. Professors go through the writing process just as much as students.

They understand that writing multiple drafts is the key to writing good papers, so hand in whatever you have. I mean it.

Handing in a draft to a professor is better than handing in nothing. Pull your professor aside after class and explain to them that what you've handed in is a full draft, but you are not happy with it and would like to revise it.

I can tell you from experience that most professors will allow you to revise a paper, but only if you show them that you have been taking serious steps in the writing process. I know it sounds almost too good to be true; it has taken me a long time to trust that my professors understand the challenges of writing, but they truly do.

So the next time you're handing in a writing assignment, don't panic. Don't talk yourself into thinking that you are a bad writer. No such person exists; everyone is a writer-in-progress, even your professors.

lifestyle, health & wellness

FRIDAY, APRIL 29, 2016

He called me the "T" word

Morgan Stabile
Voice Contributor

Throwback Thursday. Time to choose a tacky photo to make a thoughtful post about good times from years before

#tbt to freshman year homecoming miss yah girly"

Steady stream of likes flow in, slowing to a trickle as the day goes on.

3 hours after posting, the familiar dink of a notification: "Looking really thin morgan *thumbs up emoji*"

Looking really thin Morgan. Looking really thin Morgan? Commented by some irrelevant asshole I, for some reason, allowed to take me to junior prom. With one word that "friendly" frat boy sent me back to my freshman year body.

#tbt to the feet that broke all the mirrors in the bathroom, the monstrous voices of self ridicule screaming to destroy the distorted reflection.

#tbt to the skin, the red puffy wrists from the snap, snap, snapping of rubber bands in a futile attempt to tame a growling stomach.

#tbt to the hands that opened the pill bottle, slimy leeches of depression sucking out any hope I had left.

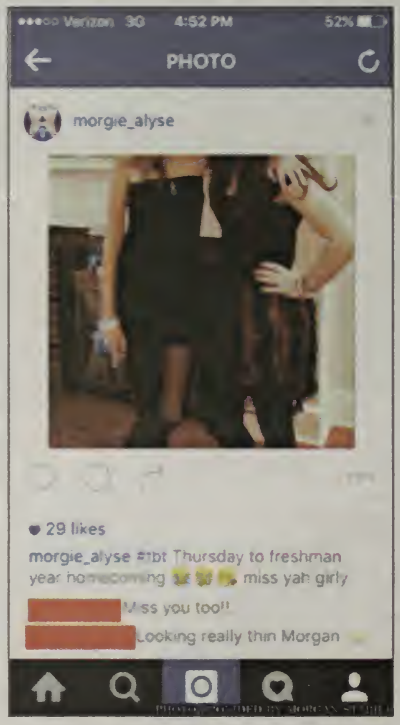
#tbt to freshman year homecoming

There were so many other words he could have used, since he felt so inclined to comment on my appearance.

"Looking really good Morgan"

"Looking really nice Morgan"

"Looking really pretty Morgan."



Or, he could have just not said anything all. He could have just double tapped my photo and scrolled on absentmindedly as he walked from class to class. But no, he chose thin.

"Looking really Thin Morgan."

Thin: the terrible illness that made it impossible to keep down anything, that made me restrict my meals, that made me go hungry.

Thin: the terrorizing trainer that made me work my starved body to the point exhaustion, to the point of collapse, to the point of breaking.

Thin: the tremendous tide that slowly eroded any stone stronghold of self-confidence I had.

Thin: the unobtainable, unhealthy, unrealistic expectation was now on my Instagram.

"Looking really thin Morgan."

And there I was, waterfalls of salt running endlessly down my cheeks, anger warming my insides.

How could I let myself get so upset over a comment by someone so irrelevant and unimportant to my life? A summer of therapy has taught me better, but the truth is that no matter how far in recovery—six days, six weeks, six months, six years—that four letter word will always remind me of the time I almost ended my life.

Being affected by that word is not a failure on the path of my recovery. If anything, it is a triumph; it's hearing that word and know that I am so much more.

I am artistic. I am beautiful. I am cute. I am demure. I am elegant. I am feminine. I am graceful. I am humble. I am irreplaceable. I am joyful. I am kind. I am lovable. I am majestic. I am nice, odd, pretty, quirky, radiant, sassy, thoughtful, unashamed, valid, witty.

And I am 110% okay with never being thin.

Being body positive!

Body image is a matter of perspective

Iviannette Acevedo-Rodriguez
Voice Contributor

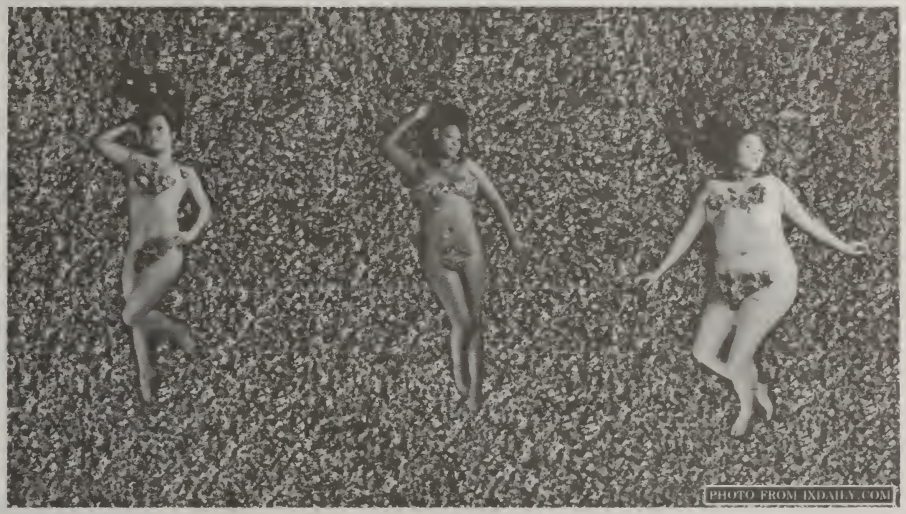


PHOTO FROM INDAILY.COM

When I lived on campus last semester, my roommates were—and still are—my best friends, but I always felt inferior to them. Why? It had to do with the fact that they were skinnier, had better hair than me, etc. I immediately felt like the ugly duckling of the room.

One time, we were getting ready to go out and one of them commented on how fat they were, and how they needed to lose 10 pounds. I rolled my eyes at her and told her that she was crazy, but then I realized something: everyone has had a bad image of their body at some point.

Even my sister, who is tiny, has insecurities. She told me that even though she knows that she is not fat, all she sees are imperfections when she looks in a mirror, even if they are not there. Society has distorted the ideals of beauty so much that even the skinniest and prettiest of people have insecurities.

This is where the body positive movement comes into play. This is the idea that all bodies are good bodies no matter if you are a size zero or a size 14. This movement says that everyone is worthy of self-love whether you are "skinny," "thick," or "plus-sized."

There are a lot of misconceptions about the movement. Some think that this is only for "fat" people, but it is not. I know plenty of skinny girls who are hurt by comments such as "eat a sandwich, you are too thin."

The movement is also for men. Males have just as much insecurity as girls. Guys are expected to have abs and big muscles, but the reality is that men's bodies come in all shapes and sizes, just like girls. So why not encourage them to be body positive, too?

In short, being positive about your body is a good thing no matter what. Everyone deserves self-love and to loved by others regardless of shape, size, color, etc.

You deserve to be happy in your own skin and comfortable with the way you look. You deserve to be body positive!

Do you promote body positivity like Iviannette?
Or do you maybe struggle with body positivity?
Why not start a column on body positivity for The Voice?

Horoscopes

Aries
(March 21 - April 20):
Curiosity killed the cat. Stop bringing strange women named Curiosity into your home.

Taurus
(April 21 – May 21):
Tauruses are hotheads who often pick fights. They are also too lazy to go to the gym. This is a deadly combination, my friend.

Gemini
(May 22 – June 21):
The position of Mercury suggests that you invest your life savings into a time-share in Tanzania.

Cancer
(June 23 – July 22):
Good news: the emptiness in your life will soon be filled with an obsession for collecting Beanie Babies!

Leo
(July 23 – August 23):
The temperature and grade point averages have an inverse relationship…

Virgo
(August 24 – September 22):
\It's time to visit Great Aunt Marge. She has some important news…

Libra
(September 23 – October 22):
Isn't it strange that all of your friends are taking "family vacations" on the same week in July this summer?

Scorpio
(October 23 – November 21):
Everyone may think you're paranoid, but the stars know that your suspicions are correct. You pet goldfish is conspiring against you. Proceed with caution.

Sagittarius
(November 22 – December 21):
Maybe it's time to stop consulting your friends about your cold feet and find a podiatrist?

Capricorn
(December 22 – January 19):
A big surprise will hit you like a ton of bricks when a construction accident occurs on Friday.

Aquarius
(January 20 – February 18):
There are a million things you haven't done, and you will never do them.

Pisces
(February 19 – March 20):
The stars do not care about your needs, and they will not respond to them.

gail's guidance

Dear Gail,
I've been so stressed lately that I've hardly slept in three weeks. Help!

Signed,
Insomniac or Computer Science Major?

Dear Insomniac or Computer Science Major?,
As a caring, sensitive mother, this is horrible news to hear! Firstly, if you're being irresponsible and sharing your twin bed with another, that's where your problem lies. Kick your significant other, sidepiece, or German Sheppard to the rug and your sleeping habits will instantly improve!

If you live in Davis and Dickinson, however, there may not be room on the floor for a body to sleep. In that case, you will just have to limit seeing that special someone to breakfast, lunch, dinner, class, club meetings, and Sunday nights during Game of Thrones. A travesty, I know.

If your sleeping habits don't derive from jamming two bodies in a 5-foot-wide bed, might I suggest taking melatonin? When my son was losing sleep over some bad blood in his Model UN club, I would give him a melatonin pill, rub his feet with a PedEgg for twenty minutes, and he'd be out cold.

If melatonin doesn't work for you, I'm not a psychiatrist. Go see one for the stronger stuff!

Go catch some Z's!
Ya girl Gail

COMMON GOODS
at Westfield State

from **MERCER** *on page 9*

then, it was the first moment I had realized that I was not alone in my struggles. There are other people out there who are feeling what I'm feeling and it's okay! It's okay to not always be okay, as long as I carried on," Amanda said.

"My favorite part of working with Dear Hope is not only connecting with others who are struggling and validating what they're feeling, but being able to educate others about not only mental illness in general but what it feels like, too," she continued. "Like I said, I had never been able to make the connection between what I was feeling and what I had been taught as depression.

So being able to educate others while doing it in such a creative way is amazing."

As for the future, the entire team has high hopes. The team aspires to register Dear Hope as a non-profit by the end of the year and continue to grow the business. Discussion of merchandise is in the works, as well as the possibility of a short film and some new music.

Expansion of the Consumed series is also in the works. The team hopes to host an "open call" for anyone who wants to be involved, during which they have the opportunity to show up and be photographed with the signature black cracks painted on their skin.

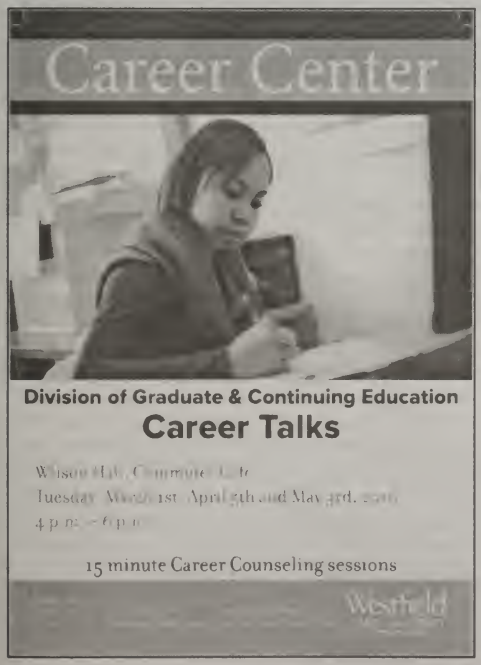
They hope to get in touch with other professionals so they can work collaboratively and build upon their skills.

Recently, Paul was invited to speak at the annual Mental Health America: Media, Messaging, and Mental Health conference this June in Alexandria, VA along with Zach and Danny. The team hopes to network, while also learning from other conference-goers.

"In the future, I hope DH will continue to grow. I know how important these issues are and I hope we will continue to explore them and invite diverse voices to publish with us.

I think DH is the kind of community so many people desperately need, and that's fantastic," said Alaina.

"What it boils down to is that you're not alone. There are other people like you," Paul said.



The Westfield Voice

The objective student press of Westfield State University

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General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

owls athletics

FRIDAY, APRIL 29, 2016 MICHAEL BARRY, EDITOR

Senior Day sees Owls Baseball split wins with Fitchburg State

The 2016 Senior Class was reconized and honored inbetween games on senior day.

Andrew McIntosh
Voice Reporter

This past Saturday was senior day for the Westfield Owls men's baseball team. It was a day to reflect on their careers as Owls, as they were about to play a double header against their MASCAC rivals, the Fitchburg State Falcons.

The Owls would fall to the Falcons in their first game 5¬-2, but would rally in their second game to win 10¬-5.

On the hill for Westfield in the first game was freshman John Gegetskas, who pitched all seven innings for the Owls and had four strikeouts. As for Fitchburg State, Tommy Parsons also pitched all seven innings and had nine strikeouts.

At the plate, the Owls started to get it going in the bottom of the seventh. Christian Morales doubled down the left field line, driving in a run from Jared Ferrari. Junior Arismendy Larancuent also made contact and drove in a run from Kyle Murphy.

The runs just weren't coming in the first game, but that would not be a problem for the Owls in the second game of the day. The Owls would go for 11 hits in their second outing.

They opened up the game with two runs scored in the first, second, and third inning. Fitchburg would score one run in the top of the second to make the score 6¬-1, and both teams would go scoreless in the fourth and fifth innings. In the top of the sixth, Fitchburg began to battle back by scoring two more runs. The Owls did that and then some, scoring four runs in the sixth.

Three Owls in particular had great games at the plate. Nate Barnes had two hits, scoring once and driving in a run. As for Aaron Clancy, he also had two hits and a run driven in. Tyler Beach had a noteworthy game as well, recording two hits, a run scored, and driving in two runners.

On the mound for the Owls was Matt Nunes, who had eight strikeouts throughout six innings of work. Pete Liimatainen, who closed out the game, recorded one strikeout and allowed three runs, but it was enough for the Owls to come away with the victory.

Senior day for the Owls ended on a high note, sending out the seniors with a big win over a conference rival. The Owls have five more games remaining in their season. At this point in the season, there is no reason to hold back and the Owls are certainly not looking to do so.

Coaches Profile: Nicholas Kates

Andrew McGill
Voice Reporter

As Westfield's Club Lacrosse team struggled to produce offense against Worcester Polytech, frustrated assistant coach Nicholas "Cabbage" Kates paced the sidelines. In his blue Westfield State lacrosse polo and khakis, Kates flailed his arms and shook his head in the most animated of fashions.

At 4'11" on a good day, Kates is minimal in stature on the Owls' sideline, but his deep, raspy voice and rambunctious approach to coaching makes it hard to miss him.

He almost makes you feel like, at any moment, he could go Bob Knight on everyone and throw a chair onto the field. Whether you are one of his players or a referee going about his business, no one is safe from coach Kates' wrath.

One look at Kates and you wouldn't guess that he has the credentials to coach a team of any magnitude. If you made that assumption, you'd be wrong. His lacrosse knowledge comes from growing up in a hotbed for the sport, and coming up in a highly competitive environment.

Kates grew up in Duxbury, Massachusetts, a small beach town on the south shore with a population of 15,000 that produces state championships like a factory, especially in lacrosse.

Kates credits his love of sports to his father and older brother, who pushed him into the competitive spirit early.

PHOTO FROM FACEBOOK

Nicholas Kates "Cabbage" is pictured on the right walking with captain Matthew Haley

"My brother played every sport growing up, and I wanted to do the same things," said Kates. "My whole family is involved in sports, my brother and father were both varsity athletes for over 10 seasons, I was for 12 seasons myself."

Clearly his sports background isn't strictly limited to lacrosse. Kates has also wrestled his whole life, and was a four-year varsity starter on the team, qualifying for states all four years. He won state sectionals as a sophomore, and was voted as a captain his senior year.

He helped manage the Duxbury High football team from sixth grade to freshman year, when he was eventually promoted to assistant coach and ball boy. This was where he was able to help with play calling, earning him two state championship rings. Unfortunately, he never played football due to his size and his desire to focus on wrestling.

Kates' lacrosse playing days date back to when he was eight years old, playing for Duxbury Youth Lacrosse on a local travel team. In fifth grade, he made the transition to goalie and never looked back.

He was never able to gain control of a full-time starting spot on the varsity squad, as he was competing with other goalies that were heading to schools like Drexel, Georgetown, and Harvard. When you're behind blue chip prospects like that, it's difficult to even get a chance.

Despite the lack of time at the varsity level, Kates still received offers from some Division II NCAA teams. He received offers from both Springfield College and American International College, but had no interest in playing varsity lacrosse and elected to go with the more affordable state school.

After choosing to go to Westfield, Kates tried out for the club lacrosse team and came in hot, grabbing the starting position his freshman year. Sadly, shoulder problems and surgeries have prevented him from playing since then; however, Kates—who was beloved for his audacious personality and revered for his knowledge of the sport—received an offer to come back to the team as an assistant coach, which he happily accepted.

"I love lacrosse. I grew up in a town that's consumed by it. It's hard not to fall in love with it and learn the game," said Kates, who credited a lot of his lacrosse knowledge to living in a town that breeds Division I recruits.

For the past two seasons, Kates has helped man the sidelines. This team goes through frequent coaching changes, making him the only solid piece on the coaching staff. His knowledge of the team really helps in many situations.

"My favorite part of coaching is seeing kids develop and progress over a season. It makes me feel good as a coach knowing my players are getting better and having fun doing it," said Kates.

Kates certainly had time to see many younger players develop this year, and he'll get to see it manifest in the team next year as only four seniors are graduating from this year's squad. Kates oozed with confidence in his team, despite just missing the playoffs this season.

"We only graduated four kids so we pretty much get all of our starters back. I think next season is going to be one for the books. The chemistry needs to get there and once that's there I don't know if we lose a game all year. We got talent, just need to put it together," said Kates.

So at first glance, Nicholas Kates may not look like your run-of-the-mill coach, and you may laugh him out of the building if he told you, but don't doubt him, because you couldn't be more wrong.

Alexander Ovechkin V. Sidney Crosby

Jack Corsi
Voice Reporter

After seven long years, we finally get to see a rematch between two of the biggest names in the hockey world. Alexander Ovechkin and Sidney Crosby will meet once again in what will surely be a matchup of a lifetime. The two met once before in 2009, and it was a series of fireworks. Now older and wiser, this could be even better than before.

Crosby and company comes in after an impressive series win over the Rangers. This Penguins team looked shaky months ago, but now looks better than ever. Crosby can be attributed to a lot of that success; he is the true leader of that club. The goaltending and Evgeni Malkin will need to be huge this series. They will need that second tier of guys after the big guns to play with Washington, and their goaltending cannot be like it once was.

Ovi and the Caps look unstoppable; look at the first three games against Philly. After those three—yes, they were shaky—this team has come together. They have a big cast of stars, and it starts with number eight. He will be the guy that Pittsburgh will try to contain, and that is nearly impossible. Along with Oshie and Williams, he will have to be the force that especially needs to step it up.

After watching the two series previous, it's a fans dream to see them matchup against each other once again on the big stage. The two went to seven games seven years ago, with Pitt taking game seven in Washington. Now looking at it, it's a near mirror image, with Washington being the powerhouse and Pitt being the underdog.

What separates the two for sure is the hardware. Crosby has the ring and the gold medal. While Ovi has his scoring titles and other various awards, he still lacks a cup on the resume. This is his best chance to almost even the playing field when it comes to the trophy case. I do not think he will ever get the medal, but the cup could be his if they get by Pittsburgh.

I think I am taking the Caps in six in this series, and I think they win games one and two at home. They will probably drop games three and four in Pittsburgh, but get the wins in games five and six. I think the power of the supporting cast is something that aides number eight a bit more than Sid the kid.

We are on the verge of the battle between two of the biggest superstars in the world of hockey. If you miss a second of this action, then I truly believe you are missing out. These two teams and two players have no love for each other. I really hope my pick is right, but I would be ecstatic for seven games of Sid v. Alex. We may never see this again, so let us cherish these moments.

Spurs produce sustained success

Tim Jaroche
Asst. Sports Editor

In Gregg Popovich's first year as head coach of the San Antonio Spurs, the team went 20-62 and earned themselves the number one pick in the NBA draft that offseason. With that number one pick, PF/C from Wake Forest Tim Duncan was drafted and the rest is history. No coach has ever had a smoother transition after their first season on the bench than Popovich, who has made the playoffs every year since his inaugural season with the Spurs.

Along with sustained regular season success, this team has won five titles in six appearances in the NBA Finals. Normally, a team this good is frustrating to watch and can easily become a villain in the media.

This is not the case, however, with the hohum Spurs. In fact, it may be the opposite. There is nothing flashy about this team, and analysts often forget they exist until they show up to the finals, send the opponent home, and leave quietly with their trophy in hand.

Part of the Spurs continuous success is due to the players they draft and develop. Today, in many GM's eyes, a "big three" made up of star players is needed to reach and possibly capture an NBA championship. The Spurs have a big three; however, they drafted and developed Duncan, Parker, and Ginobili. In '99, Ginobili was picked 57th overall, and in 2001, Parker was the 28th pick. To have three players of this caliber play so consistently for over 15 seasons is rare.

In 2011, the Spurs traded George Hill to the Pacers for the draft rights of 15th pick Kawhi Leonard. At the time, it seemed like a steal for the Pacers. That isn't quite the case anymore, as Leonard is the heir to the Spurs throne once Duncan retires.

Leonard has been named Defensive Player of the Year twice, and was named the 2014 Finals MVP. Few players have been to the Finals twice in their first three seasons, let alone their career. Leonard is the perfect player to continue this franchise's success. Much like Duncan, he values winning over any individual merit and never draws attention to himself in the public eye.

I don't expect this franchise to cool off anytime soon, and even when Duncan and possibly Popovich step away from the game, the team will be left in good hands. The Spurs are a fun team to watch, and their attitude makes it more than bearable to root for them if your own team is out of the playoffs.

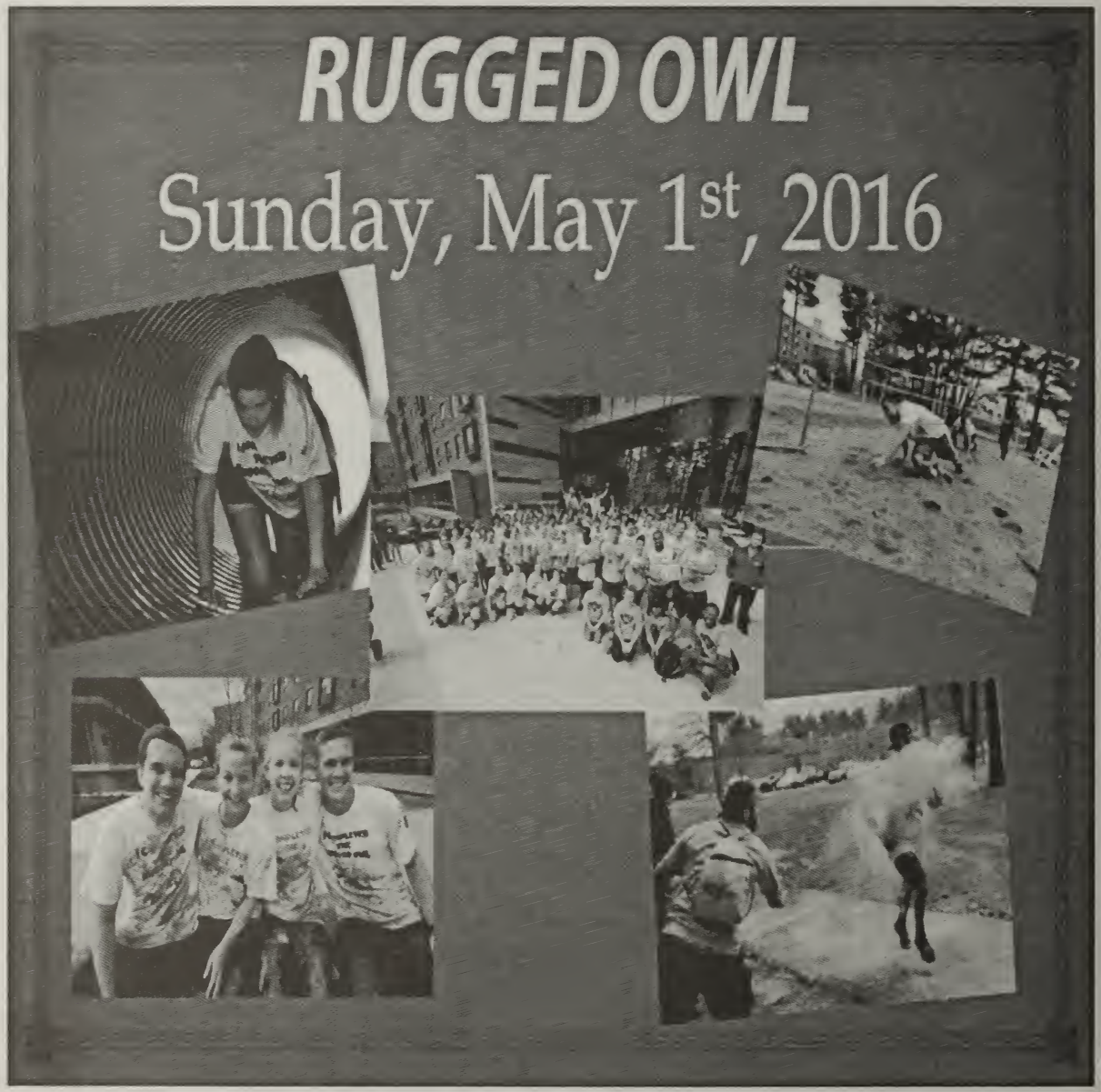
Don't be fooled by the lack of coverage they get; they may be one of the best franchises this league has seen.

Do you like sports?

Do you have a favorite sports team?

Do you like to talk about sports?

Then you should write about sports for The Westfield Voice!


RUGGED OWL
Sunday, May 1st, 2016

from **BEALS** on page 13

in the Journal of Chemical Education. Dr. Theis acknowledged Frank in his paper.

"Frank is my go-to guy for educational research," said Theis.

Dr. Rick Rees echoed that sentiment.

"Whenever I have a new idea about classroom teaching, I will ask Frank his opinion," said Rees.

Frank is also an active member of the National Science Teachers Association and the National Association for Research in Science Teaching. He frequently presents papers and attends conferences for both of these organizations.

In November of 2015, he and colleague Tarin Weiss made a presentation at the Massachusetts Science, Technology, Engineering and Math (STEM) Summit in Worcester, Massachusetts entitled "Science Teaching Efficacy in Elementary Pre-Service Teachers." The title may sound a bit overwhelming, but his eyes light up when he speaks of it.

While Frank did teach at the middle school and high school levels for a short period of time after graduate school, he decided to move on to teaching at the college level.

"Teaching at the college level allows me to do something that K-12 does not. It allows me to interact with pre-service, future teachers," he explains.

For Frank, teaching future teachers is one of the most important reasons he is working at Westfield State. He feels that all of the time and effort he gives his students is an investment in their futures and will continue to advance science education in general. He says all of this hard work and its outcomes for himself, his students, and science are definitely worth all of the running he does.

Frank did not want to teach at an elite institution. His Ph.D. from Syracuse would have allowed him to teach at an upper-tier college, or even an Ivy League college; however, Frank chose Westfield State. Frank knew that Westfield and its students were a reflection of who he was as a person.

"I was the first in my family to go to college," he said.

Many students who attend Westfield State are first-generation college students.

"I had a wonderful childhood, but my parents were factory workers. My family was not rich, and no one had gone to college," he said.

This part of Frank Giuliano's history is pivotal to him as a person and as a teacher. As the son of Italian immigrants, he came from what he would describe as a poor background. Despite this, Frank overcame his personal and financial hardships to achieve success and personal fulfillment.

He had no idea about scholarships, what going to college really meant, what it could do for him, how much it would cost, or how he would pay for it. He ended up paying for his education himself with the help of student loans and working off-campus jobs.

Frank wants Westfield students to know that he "gets it" when they say they are attending school full-time and working two jobs. He understands what they are going through and can relate to their struggles. He shares his journey with his students because he wants them to know what the outcome can be with education, determination, and perseverance.

"I think I defied a lot of odds, not only to go to college, but to get an advanced degree and to be a college professor from where I came from. I hope I can help my students do the same thing," he said.

I have heard so many good things about Frank that when I speak with his colleagues, I have to ask if Frank has any faults. The overwhelming answer was yes. His colleagues all think that Frank is extremely helpful, perhaps to his detriment.

While Dr. Aaron Reyes says that Frank is "always willing to help," Dr. Pat Romano commented that he "does not know how or when to say no." He is always available to assist with a project, presentation, or committee meeting, but that does not leave much time for his own projects and work. Perhaps that is why he always seems to be running up and down Wilson's hallways.

Franks efforts to work toward change for students and young people extend off campus as well. Last year, Frank was appointed to the Massachusetts Lesbian, Gay, Bisexual, Transgender, and Questioning Youth Commission. This committee meets in Boston once a month. This commute adds to his time crunch, but he knows this is important work and he wants to make whatever contribution he can.

As a gay man, Frank feels that it is important to work towards changes in state and local laws that negatively affect LGBTQIA+ youth, both in Massachusetts and beyond.

Frank also feels that it is important for him to be an "out," open, and visible gay man on campus.

"One of the most satisfying parts of my nineteen years here is being comfortable . . . being an 'out' faculty member," he said.

He knows there are many students on campus that may be struggling with their sexual orientation or identity. He wants to provide a safe, judgment-free space for them.

"If I can help even one student to overcome any anxiety or fear that they have, I feel like I've done a service . . . just by being who I am," Frank said.

Frank also fears that technology, while a great tool, "is making changes in our students that are not helpful to them." As a social constructivist teacher, he sees his students steadily losing the social part of learning due to the consistent use of technology, especially in the classroom. He states that in the past several years he has noticed student's communication and interactive social skills diminishing.

"I am seeing [this loss] in my students and it kind of saddens me," he said.

He fears that students may be becoming dependent on technology, instead of developing the ability to think things through on a more conceptual level.

"Knowledge is not transferable from person to person or from teacher to student, knowledge has to be constructed in the mind of the learner . . . then ideas are shared with others . . . to make the understanding more meaningful," Frank said.

Frank is also very concerned about the trend toward online learning in the sciences, and he is adamant on this point.

"I know I am going to sound like an old fuddie duddie, but in science it is so much about the doing; that's how we learn. It is more about science process, not just science content," he said.

Online labs will not allow you to use all of your senses, such as seeing a chemical reaction in a beaker, learning the process of pouring chemicals into a flask or test tube, smelling when your chemical mixture is not right, or spilling your mixture and learning how to clean it up safely. He knows that this type of learning experience will demand more of his and his students' time, but he is absolutely unwavering in his opinion on this issue. Science learning must be hands-on; a student cannot learn these skills behind a computer screen because the human interaction is lost to a virtual reality.

When I attended one of Frank's Physical Science labs, I found out that he is true to his word about science learning being hands-on and all about student communication and collaboration. His colleague Dr. Reyes told me that Frank "really cares for his students to learn the material" presented in class.

"Frank is actively engaged in student learning. He keeps students focused and moving in class to hold their interest," said another colleague, Dr. Romano.

"Frank does such cool activities with his students," said department lab technician Rebecca Beardsley.

I got to see all of this for myself. Frank took his class outside for a game of Oh Dear, Oh Deer. This game was an attempt to show how the deer population grew or diminished based on the availability of food, shelter, and water from one year to the next. It looked like a game of Red Rover as the "deer" on one side had to run over to the line of resources across from them and find what they needed. If the correct resource was not available, the "deer" died and became a resource. Frank kept record of deer population versus resource availability for a ten-year period.

The students were all chatting and laughing, and getting a great visual of what happens when there is an abundance of resources versus a scarcity of them. When we went back to the classroom, Frank asked students to graph the outcomes so they could see if the statistical data on their graph matched what they had just done outside. All of the students seemed to be engaged, enjoying themselves, and learning a lot from this lesson. Frank seemed to be having fun, too.

When I spoke to Frank later in the day, I asked what his students thought of today's lesson. He was a bit discouraged.

"Many of them did not understand the lesson," he told me.

He is genuinely concerned about his students. Frank hopes his fun and interactive activities are keeping his students focused and learning, but he is not always sure he is connecting with them. He is troubled by his students' learning and skill acquisition prior to their arrival at Westfield. Frank feels students have become less enthusiastic, and less able to problem-solve and think critically.

He would like to pass on his enthusiasm for science and science teaching to the next generation of teachers. Sometimes, however, Frank questions whether he is doing enough to reach, teach, and help them become better students and learners, as well as helping them attain their dreams and goals.

When I next see Frank, he is in the chemistry break room, regaling his colleagues with amusing tales of airline mishaps and airport difficulties from his most recent trip. When the conversation turns to students, while the stories may sound amusing on the surface, I can hear the usual undertone of worry and concern from all of the faculty present. Everyone is a bit apprehensive about what will become of their students when they head out to confront the "real world" after college.

Despite disappointments, setbacks, and student struggles, Frank remains upbeat and undaunted. He is determined to keep teaching and working to help his students thrive, flourish, and become teachers.

"I will be at WSU until retirement," he laughs.

Frank undoubtedly running down the third floor hallway in Wilson Hall, trying to get to class on time.

from **RELEASE** *on page 4*

rics; Annie Parkinson, MA, Massachusetts Organization for Addiction Recovery; and Ely Bianchet, BSW, Western MA Recovery Learning Community.

Westfield State's event is unique in that in focuses on recovery, an aspect of addiction not commonly addressed in public conversations.

"Audience members should take away a sense of hope that addiction is both treatable and long-term recovery is far more common than is represented in the media," Padykula said. "The panelists will discuss how people can access treatment for children and families, adolescents, adults, and elders needing addiction treatment or support for those concerned about ones addiction."

Audience members will have the opportunity to ask panel members questions about addiction and recovery. Additionally, the event will have a resource area containing educational materials and information on area treatment services, peer recovery support groups, family resources, and how to engage in political advocacy to increase funding for addiction.

Social workers and addiction counselors who attend the event will receive 2.0 Continuing Education Units (CEUs).

The event was organized by Westfield State University's Counseling Center and the Departments of Social Work and Communication, with the support from the Office of the President, in collaboration with Ad-Care Hospital.

For more information, please contact Nora Padykula at (413) 572-8239 or npadykula@westfield.ma.edu or Susan Leggett 413-572-5238 or sleggett@westfield.ma.edu.

from **RELEASE** *on page 4*

State University's existing affordability initiatives," said Westfield State President Ramon S. Torrecilha. "This agreement reinforces the university's historic founding mission of providing a college education without barrier to race, gender, or economic status."

The plan commits every public campus to providing 10% rebates at the end of each successfully completed semester to qualifying undergraduate students, in addition to the standard MassTransfer tuition waiver received upon entering a four-year institution from a community college.

Students who meet the program requirements will be save an average of $5,090 off the cost of a baccalaureate degree.As part of the Commonwealth Commitment's goal to increase cost savings and predictability, tuition and mandatory fees will be frozen for program participants as of the date they enter the program.

Students will begin their studies at one of the state's 15 community colleges, enrolling in one of 24 Commonwealth Commitment/Mass Transfer Pathways programs that will roll out in fall 2016 (14 programs) and fall 2017 (10 additional programs).

They must attend full-time and maintain a cumulative GPA of 3.0. After earning an associate's degree in two and a half years or less, students will transfer to a state university or UMass campus to earn a baccalaureate degree.

At the end of every successfully completed semester, students will earn a 10% rebate on tuition and fees, payable in the form of a check, or may opt to receive a voucher to use for books or other education-related expenses. The program does not discount room and board, although students may choose to use their Commonwealth Commitment savings or other resources to offset some of those costs.

Students' rebates or vouchers will be calculated based on the total cost of tuition and mandatory fees at the institutions they choose to attend.

Students who enroll in free or reduced cost dual enrollment programs may be able to apply the credits they earn toward their Commonwealth Commitment degrees, thus reducing costs even further

from **MULLER** *on page 1*

ing dance, outfit of choice, talent, intermission, formal wear, and question and answer. The event closed with a Make-A-Wish presentation and the crowning of Mr. Westfield 2016. Additional awards given were Mr. Congeniality, Marcus DiBacco; Mr Fan Favorite, Brandon Trafford; and Mr. Fundraiser, Adam Bourdan.

Over the course of this year, contestants have spent months rehearsing and fundraising in order to make the show a success. Contestants had their own unique charisma and talents that made the show enjoyable for all who attended.

The newly crowned Mr. Westfield 2016 and fan favorite Brandon Trafford put on a great show with a mock synchronized swim routine complete with "water" and beach balls. Trafford even dressed head-to-toe in golfer attire for his outfit of choice.

"Being a part of Mr. Westfield will forever hold a place in my heart," Trafford stated. "I'm just glad I was a part of an incredible group of guys who were fortunate enough to grant a wish for a child in need."

Two previous Make-A-Wish recipients presented Trafford with his sash and crown.

"Mr. Westfield was such a great experience. I got the opportunity to know and was fortunate enough to work with so many great people along the way," he said.

Justin Connolly, Mr. Westfield 2015, passed on his crown to Trafford, but his legacy will still live on.

"Mr. Westfield is an inspiring event. Having been a part of it for the last two years made me realize what bringing members of our community together can really achieve", stated Connolly. "The enthusiasm that the contestants show is infectious! The classes of 2017 and 2019 ran a fantastic and memorable show."

Connolly mentioned how proud he was to have been a part of an event that will help many children in need.

"We were able to raise over $10,000 for children facing life threatening illnesses. This will be able to grant them wishes that they will remember for their lifetime," said Connolly.

Marcus DiBacco, Mr. Davis Hall and a member of the class of 2019, was awarded the Mr. Congeniality award.

"The fact that my fellow contestants chose me as Mr. Congeniality will stay with me forever," said DiBacco. "Mr. Westfield was an amazing experience, the looks on all the contestants' faces are unforgettable, and I will forever cherish the memories and bonds we created within the past few months."

In the past four years, wishes have been granted to four children with the funds that were raised from the Mr. Westfield pageant.

The class of 2017 and the class of 2019 will carry on the event next year.

Games & Leisure

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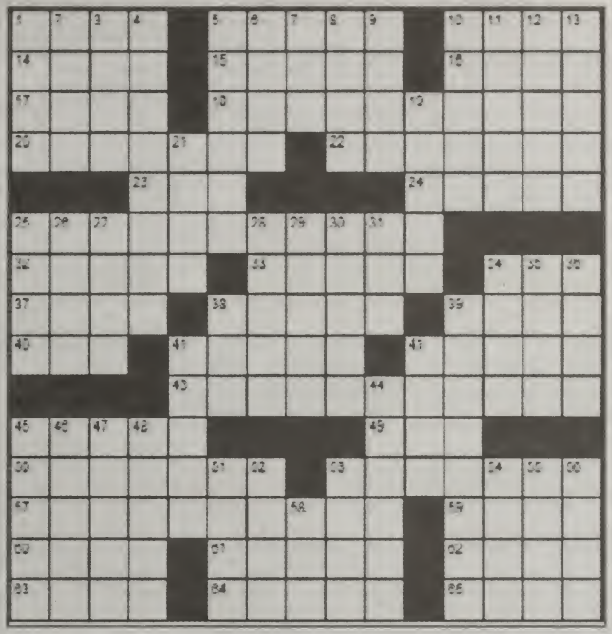
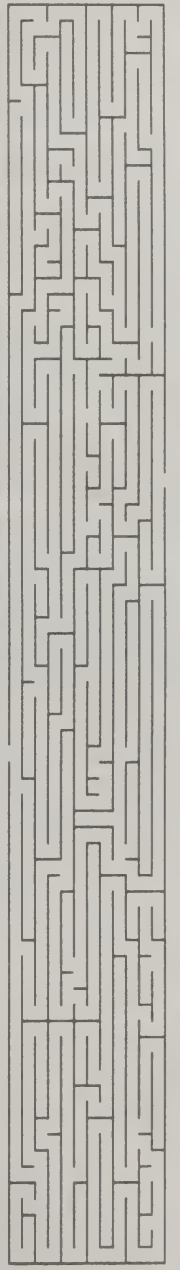
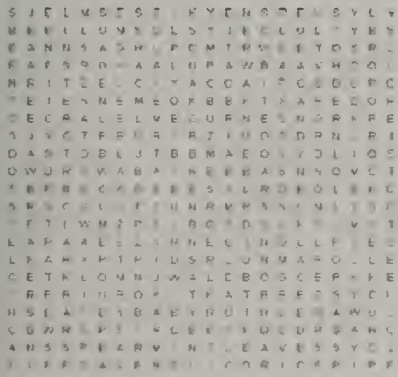
Maze





Candy



ALMOND JOY
BABY RUTH
BAZOOKA GUM
BOTTLECAPS
BUBBLE YUM
BUTTERFINGERS
CANDY NECKLACE
CHICLETS
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DUBBLE BUBBLE
GOOBERS
GUMMI BEARS
HERSHEY KISSES
HUBBA BUBBA GUM
JAW BREAKERS
JUJUBES
KIT KAT
LEMON DROPS
LICORICE PIPE
LIFESAVERS
LOLLIPOPS
MILK DUDS
MILKY WAY
MOUNDS
NECCO WAFERS
OH HENRY
PEPPERMINT PATTY
PEZ
POP ROCKS
PUMPKIN SEEDS
RED HOTS
SEN-SEN
SLO-POKES
SMARTIES
SOUR BALLS
SPEARMINT LEAVES
SWEETARTS
TOOTSIE ROLLS
TWIX
TWIZZLERS
WAX LIPS

ACROSS

1. Grasped
5. Suffuse
10. Fog
14. Double-reed woodwind
15. Persons, places or things
16. Reflected sound
17. Killer whale
18. Designation
20. Manservant
22. Terrestrial
23. Best seller
24. Hollowed out
25. Paving stone
32. Bay window
33. Damp
34. Nab
37. Piecrust ingredient
38. Trainee
39. Sea eagle
40. A late time of life
41. Confuse
42. Manner of speaking
43. Recantations
45. The language of Persia
49. Play a role
50. Marine
53. Spiny anteater
57. Pre-car transport
59. Mining finds
60. Only
61. Tidal bore
62. Half-moon tide
63. Not legs
64. Stalwart
65. Collections

DOWN

1. Animal foot
2. River of Spain
3. Mentally irregular (slang)
4. The last few hours before death
5. Not learned
6. Natural satellite
7. Vagrant
8. Module
9. Feudal worker
10. Parisian subway
11. Less friendly
12. Gleamed
13. In shape 19. Cambered
21. Foundry
25. ___ slaw
26. By mouth
27. Fowl
28. A long rod or pole
29. House style
30. Alpha's opposite
31. Louse-to-be
34. Invigoration
35. Nameless
36. Precious stones
38. C
39. Versions 41. Salt water
42. Skin irritation
44. Seal of approval
45. Civet-like mammal
46. Thespian
47. Kingdom
48. Mentors
51. Frosts
52. Jacket
53. Beige
54. To endure (archaic)
55. Tidy
56. Vipers
58. Since

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• Check All Lights, Hoses, & Belts
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THIS WEEKS EVENTS

Date	Time	Event Name	Location
4/29	3.30p	Spring Fest: Best Dinner EVER!!!	Dining Commons
4/29	7p	Open Mic Night	Owl's Nest
4/29	8p	Chicago	Ely Black Box Theatre
4/30	All Day	Now That's What I Call Spring Fest!	Campus Green
4/30	12p	Women's Lacrosse vs. Framingham State	Alumni Field
4/30	12—4p	Ely Fitness Center Spring Fest Special Hours	Ely Fitness Center
5/1	12—10:30p	Ely Fitness Center Spring Fest Special Hours	Ely Fitness Center
5/1	2p	Rugged Owl Obstacle Course	University Hall
5/2	4p	Commuter Crusades-Obstacle Course for Commuters Only!	Campus Green
5/2	6p	Howard Bryant—ESPN Senior Writer	University Hall Lobby
5/2	7p	Poetry Open Mic Night	Owl's Nest
5/2	7:30p	Small Jazz Ensembles	Dever Stage
5/3	4—6p	Career Talks—15 Minute Career Counseling Sessions	Commuter Café, Wilson
5/3	5p	Senior Performance Recital, Nick Paul, Clarinet	Dever Stage
5/4	11a—1p	Pet Therapy—PET THE PUPPIES!!!	Campus Green
5/4	8p	Star Wars Episode 7 Screening	Campus Green
5/4	11p	Late Night Pancakes with the President!	Dining Commons
5/5	11:30a	Commuter Lunch—Hosted by Public Safety	Tekoa Room
5/5	4p	Sankofa Stoling Ceremony	Scanlon Banquet Hall
5/5	7:30p	Jazz Big Band	Dever Stage
5/6	3:30p	Yoga with Kathy Niedzielski	Ely Fitness Center
		Caps and Gowns now available at the Ely Bookstore!	

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

email mhalloran@westfield.ma.edu if you would like to advertise your event on the outdoor screens and student activities calendar

Hours of Operation

Tim and Jeanne's Dining Commons

Father Dean's Dining Hall
Mon - Fri 7 a.m. to 8 p.m.
Sat & Sun 7 a.m. to 1:30 p.m.
and 4:30 p.m. to 8 p.m.

Pandini's
Everyday 11 a.m. to 12 a.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Quixote's
Mon - Thurs 8 a.m. to 9:30 p.m.
Fri 8 a.m. to 6 p.m.

Subway
Mon - Fri 7 a.m. to 11 p.m.
Sat 12 noon to 11 p.m.
Sun 1 p.m. to 11 p.m.

New Hall Marketplace
Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library - ext. 5231
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore - ext. 5657
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

The Westfield Voice' Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.
All other times by appointment

Public Safety - 5262 ***IT (Wilson) - 5528***

The Westfield Voice

FRIDAY, MAY 6, 2016

westfieldvoice.com
@westfieldvoice

Owls athletics win Smith Cup for second year in a row

Michael Barry
Sports Editor

As the spring season comes to a close, Westfield State's athletic program is projected to win the Howard C. Smith Cup for the second year in a row. The Smith Cup is awarded to the top athletic program in the MASCAC at the end of every academic year.

Similar to the FedEx Cup in professional golf or the Sprint Cup in NASCAR, The Smith Cup is based off total points amassed at the end of the season. Points are awarded based on where teams finish in the conference. A first place finish will award a school 12 points towards their overall total. A second place finish is awarded 10 points, third place eight, and points continue to decrease the lower a team places.

Since not every school has a team for every sport, the winner of the Smith Cup is determined based on percentage of possible points.

At the end of the winter season, Westfield maintained their commanding lead by a cushion of 19 points with a total of 84 out of 112 possible points. As of March 3, Bridgewater State was in second place with 65 out of 100 possible points, and Framingham State was in third with 66.67 out of 112 possible points.

With the spring season coming to a close, Westfield's outstanding overall performance has seemingly wrapped up their fourth Smith Cup title in seven years. Each spring sport had at least one representative on an All-MAS-

See BARRY *on page 2*

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'Knowing to Cook'
"My Garden"

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Body Positive

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NFL Draft
MMA

The objective student press of Westfield State University

VOLUME VII, ISSUE XXIV

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

from BARRY on page 1

CAC team, showing the overall excellence of the athletic program.

For the baseball team, a traditionally successful program, two members of the team were named to an all MASCAC team.

Senior first baseman and outfield Danny DiMatteo received first team all MASCAC honors for the second year in a row. DiMatteo started all 32 games for the Owls and led the team in nearly every offensive category.

Freshman pitcher John Gegetksas also received first team all MASCAC honors, dominating on the mound in his first season.

Gegetksas ended the year with an impressive 1.71 ERA, and pitched four complete games, a shut out, and let up just eight total runs in 42 innings of work.

In the past few years, Westfield's women's lacrosse program has become one of the most successful teams on campus. This year was no different, finishing as the top team in conference at the end of the regular season. With their impressive 13-4 record, it's no surprise that the team placed six players on all conference teams.

Seniors Mimi Khampaeng and Jordan Daniels, and freshman Sydney Lambert, all received first team all MASCAC honors. Seniors Blair Smith and Roni Orcutt, and freshman Marissa Nimeskern, were named to the second team all conference.

The senior leadership of captains Khampaeng and Smith has helped carry this team over the years, and they will be extremely difficult to replace moving forward.

With the program in transition, the Owls' softball program had a strong season, putting four players on all conference rosters and first year head coach Colleen Bannister being named coach of the year.

Coach Bannister has a promising future ahead of her, with all four all conference members returning next season. Juniors Elizabeth Kelly, Julia Sullivan, and Erika Gouin all received first team honors. Sophomore Maddy Atkocaitis was given second team all MASCAC honors.

Track and Field had another successful season for both the men and women's team. The men's side won their third straight conference title, compiling six individual victories in the conference meet. The women's team won the conference as well, taking home a staggering eight individual wins.

The Owls athletic program's recent excellence is a testament to the hard work and dedication of this university's student athletes. With the number of underclassmen who have contributed to the programs success, it is clear that this run of excellence seems to have no end in sight.

Congratulations to every student athlete here at Westfield on another Smith Cup.

campus news & life

FRIDAY, MAY 6, 2016

News from other schools

The Berkeley Beacon,

EMERSON COLLEGE

Senior performing arts major and psychology minor Emily White held a staged reading of her play "Lockdown," based on her own experiences in the aftermath of the Boston Marathon Bombings on April, 15 2013. White says that the play is "essentially a theatricalization of your brain on trauma," and follows themes of post-traumatic stress disorder symptoms.

The New Hampshire,

U. OF NEW HAMPSHIRE

Wildcats volleyball earned "The New Hampshire's" Team of the Year award following eight consecutive wins against conference opponents and their third consecutive taking of the America East Championship. The team also received several honors, including Co-Players of the Year for Demi Muses and Keelin Severtson; All-Conference First Team for Muses, Severtson, and Tori Forrest; Second Team honors for Madison Lightfoot; and three spots on the All-Academic Team taken by Forrest, Abby Brinkman, and Cassidy Croci.

The Daily Collegian

U. OF MASS AMHERST

Two UMass students were arrested on May 1 following an attempted robbery in the Washington Residential Building around 4 a.m. A third suspect remains at large, but UMass police do not believe this person is a university student. The two students' charges include two counts of armed burglary, larceny under 250 dollars, disorderly conduct, disturbing the peace, resisting police officers making a lawful arrest, and assault and battery on a police officer.

The Washington Square News,

NEW YORK UNIVERSITY

NYU alumna Anna Powers has recently begun the launch of her program entitled Powers Education, whose aim is to bring awareness to women in the STEM fields and provide mentorship and tutoring services for high school females. The program has been in the works since October 2015, and offers one-on-one tutoring, and group tutoring, and master classes.

Now that's what we call SpringFest!

Senior Justin Connolly uses a zip-line on the campus green at CAB's successful "SpringFest" this past weekend.

Haley Batchelder
Voice Reporter

This year's Spring-Fest saw great success, catering to over 1,500 students at Westfield State University. On Friday, Nicole Gallup, head RA of University Hall, brought Forest Park's Traveling Zoo to campus, with animals including but not limited to: rabbits, goats, cockroaches, a snake, komodo dragon, and hedgehog. Students flooded the green to meet and pet the animals.

On Friday night, over 200 students played Brown Bag Bingo, with the grand prize of a 32" flat screen television. Following the last bingo of the semester, over 300 students packed the banquet hall for late night pancakes.

Saturday was met with perfect weather, nostalgic live music, and a zip line stretching along campus. Along with other vendors including a fried dough truck, a smoothie stand, a photo booth, chicken wings, the Whoopie Wagon, caricature artists, Henna stations, and snap back hats, students celebrated the end of the semester in style!

Finally, over 350 students flooded Woodward to see comedians Chris Scopo, Matthew Broussard, and Andrew Schulz. The room was filled with laughter and good times.

CAB is extremely pleased with the success of SpringFest and wants to thank everybody who came out.

It may have been a little different than other Spring Weekends in the past, but they are so glad that students enjoyed it just as much!

Esteemed sports journalist visits WSU

Howard Bryant shares knowledwge and expertise with sports enthusiasts and aspiring journalists alike

Devin Bates
Voice Reporter

This past Monday, ESPN writer and on-air personality Howard Bryant came to campus to discuss sports journalism and the current state of sports in America. As an aspiring sports journalist and broadcaster, this appearance interested me very much.

I am pursuing a double major in English and communications, and I also do broadcasting for Westfield athletics, so I was very interested to hear what Mr. Bryant had to say.

It just so happens that, as I was on my way over to University Hall to attend the discussion, I ran into a very confused Mr. Bryant trying to find the correct building. After introducing myself, I guided him in the right direction.

The discussion was a great opportunity, as there were significantly less people there than I was expecting. It was great to hear from someone inside the world of sports on a personal level.

In the short time before the discussion began, I got to see a quick glimpse into what Bryant's life consists of. He said that he caught a red-eye flight from San Francisco to Chicago, and then to Bradley International Airport.

Sports editor, Michael Barry with Howard Bryant, ESPN writer and on-air personality

The lack of sleep didn't seem to affect him, though; I'm sure he's used to it in his profession. It was around the time when he was telling us about a snowstorm that almost jeopardized an interview he had with Bill Clinton that I realized this visit to our campus was small potatoes in the life of Howard Bryant.

Though Mr. Bryant is a somewhat recognizable figure at ESPN due to his television work and articles, he distanced himself enough from the company to be able to delve into some of the more juicy topics that an on-air personality might not normally discuss. For example, Bryant opened up a lot about his unwillingness to succumb to the "celebrity" side of working at ESPN like some of his colleagues have, comparing himself to the likes of Stephen A. Smith.

"I'm not out there doing Oberto Beef Jerky commercials, but then again Stephen A. drives a BMW and I don't," he said.

In his time here, it became clear that Bryant walks a fine line between fame and his own personal interests. He distanced himself from more infamous on-air personalities, such as the cast of Around the Horn, a popular sports entertainment show that airs weekday evenings on the network.

"I love those guys, but I have it specifically stated in my contract that I don't do Around the Horn," he said.

Of course, there's a tinge of humor here, as there was with the majority of Bryant's freeform speech. Rather than focusing on the more trivial aspects of sports, Bryant devotes his time to higher causes that matter to him.

He spoke at length about the importance that his first book, "Shut Out: A Story of Race and Baseball in Boston," had on his career. He also recounted a story of a confrontation he had with a Red Sox player regarding a story he wrote about the player in The Boston Globe, further emphasizing his place as a journalist that is not afraid to walk the line.

When I asked Bryant how his extensive and diverse work history—which includes stops in California, New York City, Boston, and Washington D.C.—has af-

fected his present writing, his answer was very eye-opening. Bryant said that he believes that this country is "more divided than it ever has been," and went on to talk about how he feels strengthened by his experiences in very diverse parts of the country.

Although the sports-related information in Bryant's talk was very entertaining—such as his story about his 1993 clubhouse interview with Mark McGwire that resulted in only one-word answers—that is not what I took the most away from it. Bryant had a lot of insight on life in general, encouraging those in attendance to take risks and not be afraid of the consequences.

"If I move out to San Francisco at 22 and go through my entire savings, can I still go back to my parents if I need to? You bet I can," Bryant said.

It certainly ended up working out for Bryant, and he encouraged everyone not to fear taking the same risks.

Howard Bryant stands with Emily Todd, the department chair of the english department

Photos taken from Regina Smilek's Facebook page

Not all heroes wear capes...some get beanies

Alexis Finn
Voice Contributor

April 28, 2016 was National Superhero Day. This was a day where people all over the world could celebrate their favorite superhero, whether it be a real person or maybe one found in a comic book.

The organization Love Your Melon decided that it would be a day where children fighting cancer could see that they are the true superheroes.

Love Your Melon, an organization run by college students that sells beanies, caps, and other merchandise to raise money for cancer research, supplies kids with cancer with these beanies to wear during their treatments.

For every beanie or cap purchased, another goes to a child fighting cancer. Their mission is to help kids see the superheroes in themselves.

On National Superhero Day, it was only right that the 740 Campus Crews went out on a mission: to give kids their capes, and a day they would not forget. These crews went to different donation events with beanies, capes, and masks to give to kids who may need a day to just have fun, all while bringing some positivity into their lives.

The Westfield State University Love Your Melon Campus Crew found a little boy who is in the process of going through treatments for leukemia.

The crew spent that day with Ben and his sidekick little brother, Gabe. Ben showed the crew just how much of a superhero he truly is.

The Westfield crew arrived to the boys' home dressed in their finest Superhero costumes; Ben wore the costume of his favorite hero, Captain America.

The Crew Members gave the boys their capes and beanies, and Ben showed them some of his favorite stances. The crew even got to give him his very own Captain America Shield.

The Crew Members spent about an hour with Ben and his family, but hope that they were able to leave the family with as many positive memories as the family did for the crew. Ben is a true superhero, facing life's obstacles with a smile and lots of Legos!

That was the mission of Love Your Melon's Superhero Day: to give kids all across the country a day where they can be reminded that they are bravest superheroes of them all, and they even looked the part while doing so in their hats and capes.

A Career Center student employee's experience

Sean Canavan
Voice Contributor

My name is Sean Canavan, and I am going to write about my experience at my work study in the Westfield State University Career Center.

It was difficult to find a work study due to my educational interests and studies, which are in the Communication field, and my work experiences so far being internships. I made sure I nailed the job interview and got along well with the staff members the first day I was onsite, and thus got the job the same day.

One of my assignments has been starting a research project for Giselle Abed, Associate Director, working on Western Mass. high school career center files with all pertinent information.

Recently, I finished the New England and NY college career centers file with all contact information for the offices, which totaled over 250 schools. The project was assigned by Junior Delgado, the Director of the Career Center.

This was a cumbersome project, and required great attention to detail. It was different work from what I had done previously, and I learned a couple of things: you need to carefully research where your information is coming from for the files, and you may need to look elsewhere—like social media— for confirmation; the information may not always be on the school website, and it may not always be found; and that the files contained the names of those who currently work or have worked at the career center offices, both past and present.

My job was to confirm whether the staff worked at the schools or not, and then add new staff information if needed.

My supervisors have also been great to work with. I am a person who gets things done no matter how easy or difficult the task is; if they needed something done, I'd know ahead of time.

They were also helpful when I needed assistance. They didn't mind that I kept them in the loop on my projects; they actually appreciated me informing them and providing updates on the project.

I enjoy working here and helping the employees. If I get another work study next year, I would be more than happy to come back.

Westfield State thrives 100 Days into President Ramon S. Torrecilha's leadership

From Press Release

WESTFIELD, Mass., May 2, 2016- Westfield State University President Ramon S. Torrecilha officially completed his first 100 days on Saturday, April 30. To commemorate the milestone, Westfield State University has released a 100 Day Report detailing how the university has evolved under his leadership.

"Throughout my first 100 days, I have enjoyed getting to know the campus community and meeting with as many members as possible to identify what steps we need to take to position Westfield State University as a model, comprehensive public institution," said Dr. Ramon S. Torrecilha.

One of President Torrecilha's first initiatives was to create a survey for university stakeholders to learn what Westfield State faculty, staff, and students value most about the institution and what areas could be improved upon.

Survey results showed that the students, faculty, and staff share the belief in the need for creating a culture of commitment to student success, which the campus community defines as increasing retention and graduation rates, reducing the achievement gap, providing civic and world engagement experiences, and assisting with the transition to the labor force and graduate school.

Achieving Student Success

President Torrecilha's efforts to achieve student success are established through a four-year signature program called The Westfield State Experience.

Year one centers on experience, by introducing students to first-year seminars and creating common intellectual experiences and learning communities to encourage critical inquiry and collaborative learning.

Year two focuses on reflection, aligning students' goals with their aspirations and career paths, and creating a roadmap for success in and out of the classroom.

Westfield State University President Ramon S. Torrecilha.

Year three emphasizes high-impact practices by engaging students in undergraduate research, service learning initiatives, and community-based and global learning and internships to further increase retention and engagement.

Year four immerses students in capstone courses and projects that integrate and apply learning and prepare for the work force and graduate school.

Connecting with the Campus Community

President Torrecilha engaged with as many members of the campus and Westfield community as possible during his first 100 days. He attended 32 campus events, met with 84 campus constituents, and attended 30 community events.

Milestones

During his first 100 Days, President Torrecilha announced the university's intent to establish a Center for Undergraduate Research and Creative Work. More than $200,000 was allocated for initial support.

Westfield State supported campus efforts to open Common Goods, the first-ever Westfield State food pantry which serves faculty, staff, and students who are experiencing food insecurity.

The master of social work program at Westfield State was named most affordable in Northeast.

Westfield State University teamed up with other public universities to sign the Commonwealth Commitment, an innovative college affordability and completion plan to help more students complete a college degree.

The university's Nursing Department formally launched its RN to BSN program, which is slated to start in the fall. At a total cost of $10,500, the program is one of the most affordable in the region.

President Torrecilha met with legislators 20 times including campus visits with Senator Elizabeth Warren and Massachusetts Commissioner of Higher Education Carlos Santiago.

Engaging Alumni President Torrecilha plans to focus on alumni engagement to encourage alumni to become lifelong supporters of the institution. His vision is unique because he believes alumni engagement should begin while the students are still attending Westfield State.

"Alumni engagement begins during the student's first year at Westfield State University," President Torrecilha said. "It is our responsibility to create a campus environment that allows our students to thrive and create a connection that lasts a lifetime."

Next Steps As President Torrecilha's first semester draws to a close, he intends to focus efforts on thinking institutionally about student success. "Achieving student success does not come from just one mind," President Torrecilha said. "Currently, we possess the brushstrokes of a vision, but decisions about how we are going to achieve our goals are ongoing. The process is fluid and organic, and relies on input and collaboration from students, faculty, staff and other partners."

About Westfield State University

Founded in 1839 by Horace Mann, Westfield State is an education leader committed to providing every generation of students with a learning experience built on its founding principle as the first public co-educational college in America to offer an education without barrier to race, gender or economic status.

This spirit of innovative thinking and social responsibility is forged in a curriculum of liberal arts and professional studies that creates a vital community of engaged learners who become confident, capable individuals prepared for leadership and service to society.

For more information on Westfield State University, visit us at www.westfield.ma.edu, follow us on Twitter at www.twitter.com/westfieldstate, or on Facebook at https://www.facebook.com/WestfieldStateUniversity.

Remembering Brianna

Iviannette Acevedo-Rodriguez
Voice Contributor

Brianna Cuoco was last seen Jan. 18 at 1 a.m. After months of searching and wondering what happened, she was found, but not in the condition everyone had hoped. They found the body of 18-year-old Brianna in the Connecticut River on April 21. Her death is being investigated, but so far, no one has much information.

When I first heard about this, I was left in shock. I went to school with her. I passed her in the hallways of Chicopee Comprehensive High School. Every time I saw her, she would be smiling and happy.

It is hard to believe that someone who was so lively could be gone in a flash. I did not know her very well, but it still hurts. I feel pain for the family and friends of this girl who is gone too soon.

Her friends, family, and others gathered to remember her on Friday, April 29. Karlee Hamlin and Amber Daletto, two of Briie's friends, held a vigil for people who could not attend the private service, but still wanted to say their goodbyes. I spoke with Karlee and Amber earlier last week about the vigil and their friendship with Briie.

Karlee Hamlin said that she didn't expect the vigil to become so big; she thought she would make a Facebook page and that was that, but it was more work than she thought.

"I didn't mind doing it because I realized how much people care and want to say goodbye," Hamlin said.

She added that she hoped people would reach closure through this, and that she wanted it to be a positive celebration of Brianna's life.

"She was so outgoing, but shy at times, and she was nice to everyone," Karlee said. "She was the definition of a free spirit."

When asked what one of her favorite memories of Briie was, Karlee recounted a time she saw her at a fast food restaurant.

"That was the last time I saw her. She was happy and excited to go to college and major in art," Amber said.

Amber described Briie as "a ball of joy and crazy." Her favorite memory of Brianna was when Amber helped her move into a new house.

"We decorated her room and just talked about how she wished the world could be a better place," she said.

I attended the vigil—held at her school—last Friday, and I'm glad I did. It was beautiful. There were lit candles and pictures of Briie, as well as stuffed animals. People could write notes to the family to give them encouraging words to read during this rough time, and you could donate money to help them pay for the funeral.

Over 300 people went to pay their respects. People painted things in honor of the talented artist, and brought glow sticks because she loved bright colors. It was a heartbreaking, yet heartwarming, night for all who went.

An unexpected journey

Haley Batchelder reflects on her four years at Westfield State and looks to the future ahead

Sandra Mercer
Head Copy Editor

PHOTO PROVIDED BY HALEY BATCHELDER

When you think about Haley Batchelder, your first thoughts are probably about a variety of things: her infectious smile, her bubbly personality, or even her love for hearing her own voice in a microphone. While Haley is a lot of things, there is one thing for sure: she is the definition of multi-faceted.

Haley has thrived these last four years at Westfield. She successfully directs the acaOWLETTES, campus's only all-female a cappella group, is the Vice President of Programming, and received the prestigious "Wisdom and Merit" award this past Tuesday, just to name a few; however, Haley did not come into college the same way she is leaving it.

"High school Haley was nothing like college Haley," she says. "I was the girl that was flat out average. I was liked and I had friends but I didn't put myself out there."

Though not as involved as she is now in college, Haley's high school career was successful. A National Honors Society student achieving high marks and procuring many friends, Haley dropped athletics after her sophomore year and participated in other activities, such as her high school's community service club and her church's youth group. Her passion for serving and mission work, including mission trips to the Dominican Republic and West Virgina as well as local disaster relief in the Brimfield/Sturbridge area, procured during this time.

High school was also where she found her passion for music. She played music acoustically with her friend, in a band called 21A, and with her church's worship band. Haley showcased her talents at open mic nights, coffeehouses, and at her church.

Regardless, Haley said that she essentially "accepted the complacency that comes with growing up in the same town with the same people your whole life."

"I was comfortable and didn't feel the need to challenge that comfort," she said

When looking at colleges, price was a huge factor, as it is for many students pursuing higher education. Haley's own father attended Westfield and had a wonderful experience. Pairing this thought with Westfield's almost unbeatable price, it became the place where she would spend four years.

After her first semester, Haley admits that she initially wanted to transfer somewhere closer to her hometown of Hopkinton, Mass. Haley attributes her immense involvement on campus to her eventual love for Westfield.

"It sounds cheesy, but getting involved saved my life and made all the difference," the now-college senior said. "I was attached to my life at home; my relationship, my friends, my family, and I didn't allow myself to let Westfield become my new home. Your college experience is exactly what you make it to be. Now, I can't imagine being anywhere else but Westfield."

In terms of her academic career, Haley entered college undeclared.

"By the end of freshman year, everybody was declaring, stressing me out immensely," she said.

Originally, Haley was an English education major, but after her observation hours, Haley realized that this just wasn't for her. Although initially terrified to drop her education certification, her advisor Dr. Emily Todd was incredibly supportive, and remains so to this day. Now, Haley remains with the department, but as an English major with a writing concentration and Communication minor.

"When I decided to drop my education track, I stayed with the English department; I just couldn't bear the thought of leaving the support system I'd gained through the students and professors in this department. Every professor cares so much about the progress of each individual student, both inside and outside the classroom," she said.

One of these caring professors that Haley so adores is Prof. Leah Nielson. One memory of Nielson that has stuck with Haley is one from her Career Prep for Writers class. The members of the class each had to create and maintain a blog throughout the duration of the semester. Nielson encouraged Haley to write about her faith, something very near and dear to Haley's heart. This topic was something Haley had never before had courage to discuss, but with Nielson's unwavering guidance and support, Haley says that her confidence in herself and her voice grew.

"Leah is just so real and takes on both a professor role, as well as that of a friend," she said.

Haley first started getting involved on campus at the end of her

See **MERCER** *on page 17*

From "Normal School" to University

The evolution of education and teacher training at Westfield State

Sydney Castonguay
Voice Reporter

Teacher, by definition, is a person who passes on information or skills to another especially in a school. Becoming a teacher is a more difficult process than many understand. Teacher preparation programs like the one run at Westfield State University help prepare individuals for a job in the world of education.

The department offers six degree programs: Early Childhood Education (PreK-2); Elementary Education (1-6); Special Education: Moderate Disabilities (5-12); Special Education: Moderate Disabilities (PreK-8); Vocational Technical Education; Middle School Education (5-8); and Secondary Education (8-12). With a dedicated facility of over 20 professors, the department continues to thrive and expand each year.

Westfield State University began as the Westfield Normal School in Barre, Mass. in 1844. There had been a push for all students in the country to attend public schools, thus increasing the need for qualified teachers.

The school was created based on Horace Mann's ideal that "education would enhance economic opportunity, provide stability and create law and order," states the Westfield State University Archives. Mann believed that we needed to educate teachers not only with content knowledge but also with the ability to understand how to work with children.

The program began with 20 students and has grown to include 616 undergraduate students and 106 graduate students at the present time. The

Pictured above is a photograph take of the first graduating class from the Westfield Normal School in Barre, Mass. in 1844

success of the program is credited to the quality and resources provided by the education department to its students.

To become a teacher in the public school system in Mass., one must complete a teacher preparation program at an accredited university, receive endorsement for certification from the university, and pass the Massachusetts Tests for Educator Licensures (MTEL) that correspond to their field.

Westfield State's education department has created a curriculum that supports the development of future teachers both academically and intellectually. Courses range from learning content material to class management strategies and techniques.

"I took the course 'Students with Exceptional Learning Needs,' and it helped me to realize I need to create a classroom atmosphere that will benefit all the students in my class," shared Andrew Manchino, a junior secondary education major.

Additional courses give students experience with English language learners to encompass the various learners that will be in their future classrooms.

A unique aspect of Westfield's teacher preparation program is the hours students spend in the classroom observing and teaching lessons prior to their full-time student teaching. On average, education majors will spend 90 hours in a classroom before they student teach. These hours provide real job experience for those interested in teaching. Teaching is something better learned through observation and practice than theoretically in a classroom.

"The local schools are so willing to take me in for observations. It's really a community of teachers teaching the educators of tomorrow," said Samantha Power, a junior secondary education major.

Students are placed in communities ranging as far north as Pittsfield and as far east as Palmer. The school has a designated Placement Coordinator, Robin Marion, to help students get into classrooms. In a survey of 62 WSU education majors, 26 have utilized these placement services. Students that know educators in the area are allowed to self-place, which gives them the opportunity to work comfortably with someone in the field.

Dr. David Raker and Dr. Nitza Hidalgo founded the Westfield Professional Development School (WPDS) network in 2001. It was founded on the belief that a "new and more collaborative relationship was needed in order to improve the work being done both at the college and in the elementary schools of the district," reads the WPDS website. The program has benefited schools in the Westfield community as well as students at the university.

It works as a two-way program. It aims to help educators in schools improve their knowledge with the help of the university and to help university students get relevant experience in a classroom. This has helped improve teaching methods used in the schools by providing educators with professional development opportunities. The students get to work with highly-qualified professionals in order to enhance the quality of the education they are receiving at Westfield State.

Many students have attributed their success to the knowledge of their professors. All the professors in the department hold degrees in higher education relevant to the field of education.

"Some highlights of the program would probably be that some of the staff are really intelligent in their field and they are all able to offer me advice whether it's about courses or

the career itself," said Melanie Walsh-Mager, a junior elementary education major.

As teacher candidates know, who you learn your information from and where they were educated is extremely important. One must have correlated knowledge of teaching that will benefit the state's future teachers.

"The professors know the material and usually have a passion for what they teach," explained a junior special education major.

The scholarships these professors possess have contributed to the continued high reputation that the education department holds in the eyes of the school community.

The MTELs are known for their difficulty, but that correlates to the high standard Massachusetts holds for its teachers. Westfield State offers numerous free preparation classes for students who will be taking the MTELs.

The mathematics department offers a five-week-long course in the fall and spring that reviews topics that will be on the various mathematics MTEL exams.

Katy Milford, Coordinator of Academic Skills and MTEL ComLit Preparation, offers numerous classes throughout both fall and spring semesters to help students study for the Communication and Literacy (ComLit) MTEL. Regardless of their specific major, all education students must pass the ComLit MTEL to receive teacher certification. If a student does not pass the exam on the first try, Milford offers courses specific to these students and focuses on the areas in which they struggled on the exam.

The Division of Graduate and Continuing Education (DGCE) also runs a ComLit preparation course that is open to the public for a fee. WSU runs these courses because it wants

PHOTO PROVIDED BY SYDNEY CASTONGUAY

its students to succeed. It provides the opportunity for everyone to do well and achieve their goal of becoming a teacher.

Here at Westfield State, education majors have a second major in addition to education. The course program has been aligned nicely with a Liberal Studies degree which allow these majors to graduate in four years without taking an overwhelming amount of additional courses. Within the liberal studies major, students pick a specific area as a concentration. This can be any major or minor offered at the school.

Westfield recently introduced its reading concentration which provides future educators with a better foundation in linguistics and guided reading. These students take six additional courses that relate to reading such as 'Reading in the Content Area' or 'Children's Literature.'

"I chose reading as a concentration because I want to get my master's [degree] in reading and become a reading specialist," shared Molly McCue, a senior early childhood educator major.

"It has been beneficial because I have been able to participate in two internships in the reading program and have gotten a lot of experience that I can put on my résumé," McCue added.

Reading specialists are common in elementary schools because that is when students are introduced to letter and word awareness. From the time a student is in kindergarten through fifth grade, they progress from reading basic sight words to chapter books. The guidance of teachers who have specialized skills in reading help students succeed in learning a skill necessary to make progress in their lives.

It is difficult for many education majors to study abroad or with National Student Exchange because course requirements are very specific and the Massachusetts Standards for Licensure Endorsement must be completed at the accredited university; however, the education department has created "J-term" courses, which are travel abroad courses that run over winter break and at the end of the spring semester. These courses are offered as education electives, and students receive college credit for them.

One program has students travel to Costa Rica and work in classrooms with students that do not speak English.

"It completely changed my view of education," said Maddie Spillers, a junior special education major who went on the trip this past May.

This opportunity is considered once-in-a-lifetime and broadens students' concepts of multicultural education.

It also helps students to understand the difference between America's education system and other systems around the world.

Becoming a teacher is no easy task, but Westfield State has created a program to prepare their students for working as future teachers. The education department works hard to ensure that each student in the major is well prepared for the career they wll be entering. Unique opportunities including "J-term" courses, MTEL preparation classes, and a reading concentration have made Westfield State a well-known university for education majors.

As the program continues to grow and expand, it can only be expected that the program will continue to improve.

A Champion in full bloom

Senior Travon Godette continues to display academic and athletic excellence as he prepares for life after Westfield

Hannah Buckley
Voice Contributor

Sporting blue and white, Travon Godette warmed up for his event on the hot and windless day. Located in the middle of the track, the six-foot-two athlete walked over to the beautifully groomed Javelin area. Many qualified and talented athletes from all over the country gathered to compete in the NCAA Division III National Track and Field Championship held at St. Lawrence University.

The Westfield State University junior was seeded first in the javelin throw. He had also qualified for and took third place at Nationals as a sophomore, but Travon was determined to take first this time around. Secure in his training, and competing in rural Canton, New York—a town much like Orange, Mass., Travon's hometown—he felt confident as he approached the first mark of the day. Many thoughts ran through Travon's head: his loss the year before; his younger brothers, who look up to him; his mom, who was in the hospital with cancer at the time; and memories of the time his high school girlfriend of four years cheated on him. Despite these thoughts, Travon worked to fuel his body with all the anger and aggression he could muster.

His first throw reached 67.5 meters, a new record for Travon and Westfield State track and field as a whole. The crowd erupted into claps and shouts, but Travon didn't marinate in the celebration. Putting his warm ups back on, he strayed from the Javelin area, turning away to collect himself as tears ran down his face, overwhelmed with both lingering rage and excitement.

With a look of determination, Godette prepares to throw the javelin, an event for which he is the defending national champion.

Eighteen other competitors had three throw attempts to try and match Travon's toss, but none could reach. With the first throw of the day, Travon secured the title of top Division III javelin thrower in the country. When asked about how it felt to accomplish such a notable feat, Travon humbly explained he just felt he had something to prove.

"I took it as a blessing to end up the top seed, so it was on me to prove it. I had a lot to do and a lot to accomplish and I didn't want anyone to wonder if I should have been the top seed," Travon said.

Majoring in English and education, Travon loves to write. His favorite topics to discuss and write about are mostly contemporary policies and inequalities. Gender roles, class issues, and issues of race are just some of the things Travon is passionate about and loves to include in his papers. The topic of identity is also one that peaks his interest. As someone who has passions that seem to fall inside different worlds and stereotypes, he loves delving into discussions about what characterizes an individual, and the issues that arise from labeling ourselves and others.

Travon doesn't just enjoy the academic-side of his college experience: he thrives, boasting a 3.6 GPA. His impressive academic accomplishments have led to his induction into honor societies for both of his majors. Not only did Travon earn a spot in each, but also he is also the president of the English honors society and serves as a liaison for education. Glancing at his college accomplishments begs the question: how can one person do so much, and do it so well?

With his long list of remarkable achievements and humble attitude, one may assume Travon has always lived a motivated, successful life. This is not the case, however, as the student athlete has flourished in recent years.

Compared to his high school experience, Travon's successes are almost hard to believe. A graduate from Ralph C. Mahar Regional High School, Travon concluded his high school career with a 2.6 GPA. Citing difficulties with remaining focused as well as a general disinterest, Travon did not place academics as a high priority. He was much more easily distracted in high school, and his less than 800-student school offered little that could hold his attention. Even his English courses did not engage him; he even failed creative writing his sophomore year of high school.

Travon's teachers would hold meetings with the high-schooler, imploring he make more of an effort to apply himself. While these meetings—along with the faith and attention these teachers gave to him—helped to motivate him as he got older, Tra-

see BUCKLEY on page 30

Horoscopes

May the stars be ever in your favor.

Aries
(March 21 - April 20):
You're finally in the final days of spring semester, Aries. Now is the time to cancel that trip to Puerto Rico and sign up for summer courses in order to save the GPA that you jeopardized.

Taurus
(April 21 – May 21):
The prospects of you scoring that summer internship are bleak, Taurus. On the bright side, wouldn't you prefer flipping burgers for minimum wage to fetching coffee for minimum wage?

Gemini
(May 22 – June 21):
Summer romances are always an enthralling experience. You wouldn't know, but trust me, they are.

Cancer
(June 23 – July 22):
The position of Jupiter suggests that you hit the gym more frequently before bathing suit season.

Leo
(July 23 – August 23):
Give a wide berth to all Tauruses with violent tendencies.

Virgo
(August 24 – September 22):
The stars know that traveling the world has always been a dream of yours; however, they discourage you from trekking across Europe alone this summer. Spending a summer in isolation is no way to make that one friend who you've always dreamed of having.

Libra
(September 23 – October 22):
Isn't it a bit suspicious that all of your friends' "family vacations" fall on the same week this summer?

Scorpio
(October 23 – November 21):
Scorpios love cold, dark climates. Why not spend this summer living in a cave?

Sagittarius
(November 22 – December 21):
A substantial demotion is on the horizon for you, Sagittarius. Cancel that mysteriously expensive purchase on Amazon.

Capricorn
(December 22 – January 19):
Capricorns love the heat and hate hydrating. That's a deadly combination, my friend.

Aquarius
(January 20 – February 18):
Be very wary of the quality of your town lake water this year, Aquarius.

Pisces
(February 19 – March 20):
The stars are offended by the lack of excitement in your life, Pisces.

gail's guidance

Dear Gail,

I was briefly dating this one guy, but our spark died out. Now, I'm interested in his roommate and his roommate seems interested in me as well. Should I go for it? I don't want to start a roommate rivalry. Help!

Signed,
Voodoo Mama Juju

Dear Voodoo Mama Juju,

Yikes. This is certainly a sticky situation. I've had my fair share of love triangles: a triangle with a boy, a friend, and me; a triangle with a friend, a foe, and me; a triangle with two girls from band camp and me; a triangle with my acquaintance, my arch nemesis, and me; a triangle with two brothers and me; a triangle with my boyfriend, our Bichon Frise, and me; an equilateral triangle, an isosceles triangle, and a scalene triangle. The most important factor is how the boy with whom you used to have a fling feels about your current feelings. Trust me, you don't want him to come back to his room to find his ex canoodling with his roommate—that's not something that can be resolved by referring to Fall Semester's roommate agreement.

You need to talk to him yourself and feel it out. If he cries or yells or begs you to leave his roommate alone, then you'll know to leave the other boy be. If he shrugs or stares at the floor or refers to himself as "fine" at any moment in the conversation, you'll also know to leave his roommate be. We all know that the phrase "I'm fine" really means "If you don't figure out why I'm upset and travel to the ends of the earth to make amends, this may be the last conversation you ever have." Unfortunately, if he's not comfortable with you dating his roommate, you'll have to leave the wine and PedEgg at home whenever you come to visit; however, on the off chance that the world turns upside-down and he does give you genuine permission to peruse his roommate, please bring your new beau to Ely 305 for a celebratory dinner with ya girl Gail! I will be happy to share my best love triangle stories with the two of you over champagne and escargots. My love triangle with a Hagrid impersonator and a Dobby impersonator from Harry Potter World is one of my best anecdotes to tell over dinner.

I wish the best of luck to you three lovebirds!

Ya girl Gail

The Greenhouse, Wherever that is...:
An Exploration of a Place we've let slip by

Woody Woodger
Voice Contributor

The greenhouse juts out from Wilson, a cloudy cathedral one could not be blamed for thinking is abandoned. The whiteout glass panes seem to clash against the brick they stem from, as if the greenhouse were an appendage—an arm that years ago fell from its bike and was slathered in Elmer's Glue to form the cast. The plants that still propagate inside hunch as if they were shadowy nuns milling around the corners, but holding their breath as they pray. The whole structure seems like the church back home on the corner, a St. Paul's hibernating.

The most interaction people may have with the inside is probably that glance through the door's window that falls into the first room, the glance that shows little more than a stuffy cache of foliage—an Amazonian confusion. Little mind is paid whenever people are escaping from the psych wing.

In actuality, the Elmer's over the glass and that creeping mess of leafage expertly hide a complicated ecosystem of ongoing experiments, educational potential, administrative complications, and behind the scenes care. While the greenhouse has clear importance in being a crucial tool for performing any examinations or experiments with plants, the greenhouse has been continuously underfunded and underappreciated by the schools administration at large say Sarah Tomas, Emily Cole, and others who work closely with its upkeep. As a result, the greenhouse has been forced to become a fully self-sustaining organism on campus.

There looms an ever-growing pressure next to the greenhouse; however, that is rapidly bringing the greenhouse's future to a head. At the beginning of the fall semester, the new science building was simply Lego-link ventilation and excavator tread marks. By December, however, they had installed the glass and, with it, furnishings. The greenhouse sits right on the science building's quad, and yet it is oddly absent in any posters propped up at charity events and galas. Our greenhouse currently sits dingy and on duct-tape, a relic in need of repair that seems forgotten by the blinding grandeur of an infinitely larger future. But the future can't stand on duct tape, or at least it can't for very long.

In the back of a Wilson science lab, Sarah Tomas sits behind a beaker cityscape, purple fluid one hopes is just food-dye jumbles around one of the bulbs. She sits at her computer; braided bangs top a stripped t-shirt and jeans. She talks with the faintest lisp, the kind that sounds like a mom whispering bedtime stories at the foot of her child's bed. Tomas currently acts as a lab technician for the Biology Department at Westfield, and assumed the role of the greenhouse's caretaker only a couple of years ago.

As it currently stands, the greenhouse is primarily an educational tool, as it "holds a diverse population of plants that the environmental science departments use in their classes" at Westfield State.

There is a wide range of classes to which the greenhouse is applicable, Tomas says. Tomas provides the example of biology professors taking plants from the greenhouse's stock and presenting them to their classes as a fresh example of a plant's root system and foliage. Biology Today classes in particular, she points out, are growing corn for genetic experiments.

The greenhouse, Tomas adds, provides a well-controlled environment for students to house experiments.

"Different classes will do competition experiments, soil experiments," as well as any other testable controls that would yield a result as precise as if they performed the tests in a standard classroom, Tomas says.

Steve O'Brien, an adjunct environmental science professor, sits in his office, squeaking in a 50's style rolling chair—bulky iron frame and curdled foam unzipping a corner of the fat leather cushions.

O'Brien is one such professor currently utilizing the greenhouse. He says his students are hard at work performing research on molybdenum, a chemical that is soon to be integral for lubricating oil in cars. The objective O'Brien says he has set for the class is to observe and document the real world effects of what is soon be a very heavily emitted chemical.

While using molybdenum comes with many environmental benefits—such as improving a car's gas mileage—it could have a negative effect on the biosphere as it naturally works to foster plant nitrogen metabolism, O'Brien says. The question for O'Brien is how, if at all, will the increased release of molybdenum in the environment affect the speed of nitrogen fixation in plants.

"Without it, you have no protein, you have no DNA, you have no RNA, and without that you have no life," O'Brien explains of the importance of plant's future ability to preform nitrogen fixation.

As it now stands, there is no real research at all concerning molybdenum's effect on plants, O'Brien says, and he commends the greenhouse for helping to begin a conversation about the issue.

"I'm very grateful that we have this resource here so the students could get in there and do some research that nobody else, to my knowledge is doing," O'Brien says.

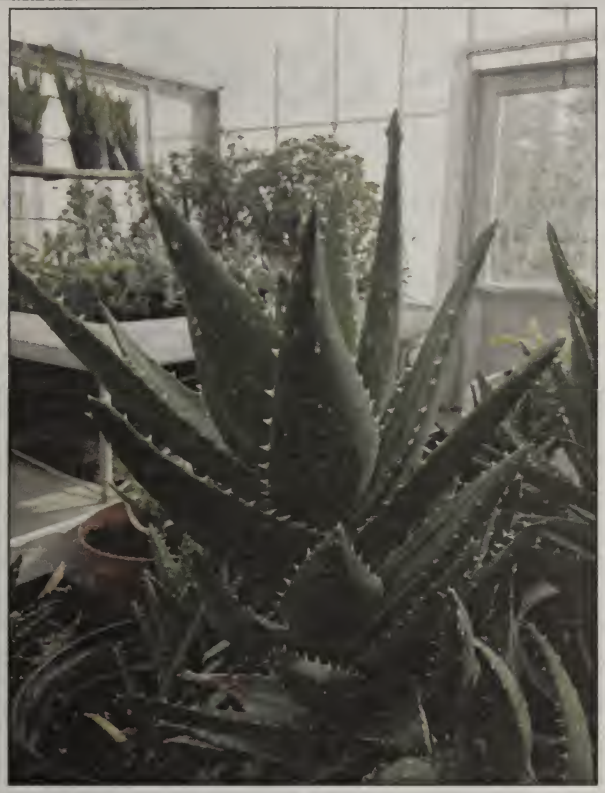
The air inside is perfumed with silty potting soil, the granules trickling down and around your uvula and falling into a tap-dancing double helix down you larynx. In an attempt to create some shade, there hang rustling cloths and sheets around the ceiling, ghostly and torn open like a petrified scream.

Amongst the breezy sheets hangs a chain loop in the middle of the room attached to the ceiling, presumably for adjustments to something on the ceiling. With a backdrop of plants shoved over to every wall, the chain helps gives the impression that the head decorator for the greenhouse was a very well-meaning dungeon keeper who thought a ficus would be enough to spruce up the chamber.

There are a wide array of plants—tropical banana trees, flowering cacti, juvenile corn, a brigade of steak-knife aloe—many of which sit on makeshift benches, soil and dripping hoses strewn about the floor, the glass so coated it is almost impossible to see the outside.

Emily Cole sits in her room with a floral scarf peeking out of her crochet cardigan. Her room is tucked in the back of a Wilson lab, cinderblocks painted blue and her desk looking out a small window.

She came to Westfield as the new Assistant Professor of Environmental Science just this year, and has brought with her extensive experience with greenhouses. She spent many years working in the greenhouse at the University of Massachusetts teaching labs, while also maintaining her own experiments. She says of UMass' greenhouses that they are modern, technologically advanced, and well maintained.



"We are in a different position," she says of Westfield's greenhouse system, especially when thinking about the budget.

The current greenhouse is separated into three distinct rooms, each of which houses specific kinds of plants and offers specific functions. The first house is an exhibit of temperate plants, windowsill flowers, and one Paleozoic banana tree—its roots spilling out from underneath a potting bench, auburn locks over a desk chair. Tomas says it will mainly function as a composting area once a plan for how to get it up and running is finally put together.

The second house is used mainly as a conservatory, meaning its main function is essentially to house a host of tropical plants—such as cacti and succulents—to be put to future use if a need arises, Tomas says. This is the driest room of the three, and the greenhouse team is invested heavily in increasing the diversity it already has, she adds.

Tomas says that the third space is where most experiments take place. Some trees are planted into the ground by Tomas' predecessor Bill Hardy, and can't be moved. The back has a lab coat white table, equipped with a mister—the only new irrigation, Tomas adds—and strewn with pots. They plan on adding a shading arch to protect the plants, but as of now, it stands as a slab of wood with four legs and a thin garden hose strung above it.

Tomas says Dr. Brian Conz from the Geography and Regional Planning Department has a space in the greenhouse dedicated to a community garden sporting fresh tomatoes and lettuce, which is then given to a local food pantry.

Tomas says that by working with the clubs associated with the environmental sciences, the greenhouse is also able to the relieve themselves of some excess plants that pile up with any new venture, such as their current abundance of aloe. The plants are often sold to the clubs at a profit for the greenhouse, Tomas adds.

The fundraising is a good side effect for the greenhouse because it helps "weed out really extensive populations." Also, selling the plants provides revenue for the outfit and serves as a way to sustain its activities. The students also do all the work for the fundraising, Tomas says.

"They'll decorate the pots and stuff. They'll do all of their own repotting," she says.

"We do not exist for Bio Club and Science Club to make money off of us," Tomas clarifies.

It is more of a symbiotic relationship wherein both are supporting and prospering with the other.

As it stands now, the greenhouse is working self-sufficiently, but there are rumblings within the greenhouse community that—if you'd pardon the pretty fantastic pun—it deserves to grow.

"Our greenhouse here is definitely a work in progress," Cole says,

However, Cole is optimistic.

"It has potential to be a space that be both utilize for experiments, student research, and also a space for the Westfield state community to actually go in and enjoy," she says.

For Tomas, she desperately wants to see a drip irrigation system put in place for greater control and more precise watering distribution. In describing the current watering process, Tomas says it is a bit of an inconvenience to have to water everything manually with a hose, and it becomes quite an eyesore when all that silty water is left in a sloppy blanket across the concrete.

Cole would like to see a little bit more. She says the heating and

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opinions & editorials

FRIDAY, MAY 6, 2016 NATHAN GODARD, EDITOR

FROM THE EDITOR'S DESK: THE FINAL "EDDY"

From Head Copy Editor to Editor-in-Chief to Editor Emeritus in a matter of months

Nicholas Sarnelli
Editor-in-Chief

Well, friends, this is it.

This is the last week I will linger in Ely 305 until sunrise.

The last time I will crawl into my Thursday morning class, utterly exhausted.

This is my last opportunity to self-publish my feeble thoughts and emotional tangents in the very publication that prompted me to grow as a writer.

This is my last "eddy"—at least, for The Voice.

At the beginning of this academic year, I had never been more nervous about my future. Up until last spring while I was abroad in Galway, Ireland, I was enrolled as an English major in the secondary education certification program. Both before and during my time across the Atlantic, I had severe doubts about becoming a high school English teacher. I knew I could do it if I had to, but my heart wasn't on-board.

Ever since I discovered how ardently I love to read, I fantasized about becoming a published author. How incredible it would be, I thought, to be a talented writer—to have people who actually want to read my work. I mean, I'd done some independent creative writing outside of my classes, but never anything I was confident enough to share.

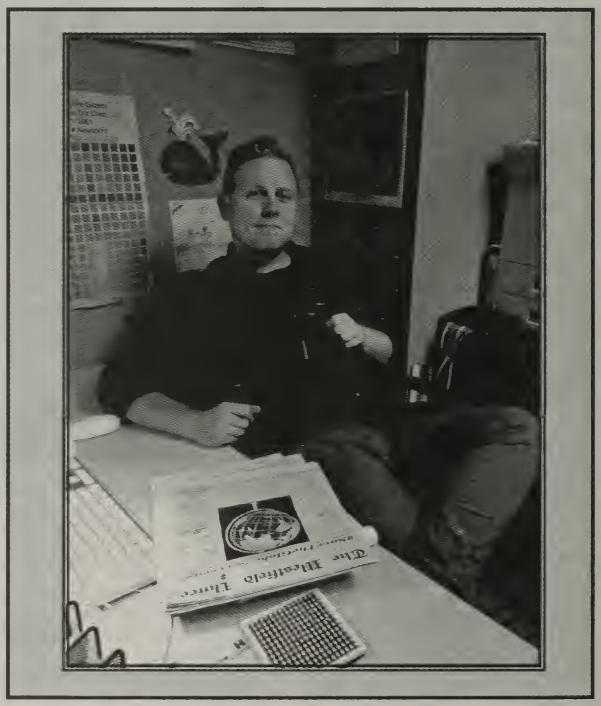
Once in Ireland, I began keeping a journal simply to express my emotions. Then I decided: why not start a travel blog? It was brilliant; I could express the inner workings of my psyche while living 3,000 miles away from my family in a foreign country and be able to refer the innumerable people who would ask me "So, how was Ireland?" to my blog "American Idiot" once I returned home. Efficiency, am I right?

Immediately, "American Idiot" received praise from many of my Facebook friends and acquaintances with whom I—or my mother—shared my posts. It gave me a small vote of confidence.

It was only a spark, but it's what would ultimately ignite my desire to keep writing and writing until my literary torch became my literary inferno. That sounds incredibly dramatic, but if you've ever scampered desperately through two arduous semesters with full schedules of rigorously passionate writing courses, then you'll understand where I'm coming from.

Beginning in September, I took a course called Writing Fiction with Professor George Layng. To date, it is still my favorite course ever, and not just because it was insurmountably fun (though creative nonfiction is a close second); it is my favorite course because it changed my life.

I will never forget the moment during my first one-on-one conference with Professor Layng when he looked at me and asked, "Have you ever considered writing fiction as a career?"



Had I considered it? In fantasies and my dizziest daydreams, yes.

Hearing those words from a professor I respect so thoroughly—and someone who has been successful in the industry—sent my already-scattered mind spiraling upward into the realm of possibility.

Me, a fiction writer? It would be a dream come true.

Fortunately for me, I was able to take three other courses with Professor Layng, and he continued to fuel my encouragement, both as my academic advisor and an advisor for The Voice.

I will never be able to thank Professor Layng enough for bombarding me with the projects that have helped me grow and for believing in me when I didn't believe in myself.

See SARNELLI *on page 29*

from **MERCER** *on page 17*

freshman year.

"I know it's your classic sob story, but my boyfriend had broken up with me and I now had so much free time to fill. So I became involved in the Campus Activities Board and played guitar for the Musical Theatre Guild's (MTG) Spring production that year," she said.

Haley has only stepped up in her involvement with the Campus Activities Board (CAB). Haley has been on CAB's executive board for years, and is just now finishing up her year as CAB's president—and the campus's vice president of programming, in which she sits on the Student Government Association's (SGA) executive board. She says that her role as president has allowed her "even more opportunities to spread [her] joy on this campus through hosting events like Bingo, Spring Weekend, and even Mr. Westfield."

Along with her roles on CAB and SGA, Haley is also the director of the acaOWLETTES. The fall of her freshman year, Haley's close friend Olivia Dumas asked her to join this group: Westfield State's first all-female a cappella group on campus. Dumas knew of Haley's extensive knowledge and talent in regards to music—her beautiful voice, in particular—and hoped Haley would take over once Dumas graduated. Haley graciously accepted the offer, and the rest is history. Haley felt as if she had truly found her place; she met some of her greatest friends, and found confidence in herself like no other.

"I stepped on stage for the first time and, much to my surprise, I wasn't nervous," she said. "I was extremely comfortable and found great ease in expressing myself on stage. I acted as my goofy self and people actually enjoyed it. I finally felt comfortable in being myself. Now, as director, I aim to help the girls in the group find that same confidence."

As a member of the group myself, I can only confirm this. Haley's leadership, passion, and fun-loving personality bring so much to our rehearsals each week behind the walls of Bates Hall. Personally, Haley has been one of my greatest role models.

I distinctly remember stepping on stage last December for my first solo at my first concert with the group. I was filled with absolute panic, sweating bullets and barely able to breathe. I nervously gripped the microphone and looked over at Haley to watch her cue in the group. She playfully winked and mouthed, "You've got this," before giving us our pitch and beginning the song. In that moment, I knew everything would be alright. Her confidence in me, and the group as a whole, made that moment—and that night—something I will never forget.

In terms of the future, things are not crystal clear for the clearly ambitious and dedicated senior.

"Throughout my four years here, numerous friends would tell me about that light bulb that went off in their head where they realized they knew what they wanted to do; I never had that light bulb," she said. "I spent four years taking a wide variety of classes, exploring various internships, and diving into a large handful of extracurricular activities intending to find the switch for that light bulb. Much to my dismay, none of that has lead me to the answer to that big question: what do I want to do with my life?"

Despite this uncertainty, Haley says that she doesn't regret any of the decisions that she made throughout her four years here at Westfield.

"Every right or wrong decision I've made has lead me to where I am and I wouldn't change any of that,"

she said.

In terms of her major, and the uncertainty of the still-dim light bulb looming over her head, Haley confirms that she made the right decision regardless.

"I wouldn't have chosen any other major but English," she asserted. "Although I don't necessarily want to be an author or editor in the future (although I'm not ruling it out), writing is therapeutic for me. Courses I've taken and writing techniques I've learned have taught me how I can express myself through writing and that is a tool I will always take with me."

Haley truly believes that college is not just a place to learn, but also a place to find yourself. Even though she is unsure of what the future holds, she is confident in the skills she has learned here and the person she has become through it all.

"College has more taught me about the type of person I am; somebody who likes to spread joy and bring energy to anything she does; somebody who finds joy by helping others," she said. "I can leave college knowing that I want to do something that allows me to be the best self I can be," she says.

Her advice to other students who may be in the same boat?

"Don't let everyone else's plans define your own! I struggled with this, and still do, as I have friends going to grad school, interviewing for their dream job and I'm sitting over here not sure where I'll be come next year. And that's okay," she assures. "Everybody's journey is different and there is no right or wrong path to take. Just because your friends have their future figured out, it doesn't mean you need to. And if you don't know what you want to do or what you're passionate about, just do something!"

In terms of the future of her career: "I don't have any solid plans or passions for a career but I do have a passion for serving," she said.

With this being said, Haley is taking a big step this October: moving. Haley will be headed to Colorado to join Americorps NCCC to serve. She knew that she wanted to take a year off post-graduation and pursue something in the service or mission work field. Although she looked into several different programs—local, national, and international—this job in particular seemed like the right fit.

"Americorps had exactly what I wanted and promised me opportunities to stretch myself in ways I never thought possible, continue to grow my leadership skills and help those that need it in a noticeable, impactful way," she said.

Haley's nerves about the move and the job are outweighed by her excitement to start this ten-month-long journey.

"I have the rest of my life to have a career and make money but not many other chances to escape from my world for ten months and give myself to somebody else's world. I may leave the program knowing what I want to do with my life or I may not. Either way, I can confidently say I'll leave the program a stronger person than I was before and that is an opportunity I needed to take advantage of," she said.

Several of Haley's friends and colleagues agree with me on her positive impact on this campus.

"Haley has truly blossomed this year," said Evelyn Dina, SGA President and one of Haley's friends. "She nearly changed the meaning of CAB; it's no longer about getting the best programs we can afford. She has dedicated countless hours to providing enjoyable programming for everyone, while still having the energy to pour her heart and soul into SGA. I am so proud of her."

Another of Haley's closest friends, fellow acaOWLETTE, and CAB executive board member, Hanna Christ, talks of Haley's infectious personality and admirable characteristics.

"Haley serves as such an inspiration to so many. Her positivity is simply contagious, and I think I speak for many when I say that I truly feel I am a brighter and better person with Haley as a friend," she said.

Matt Carlin, the Vice President of Student life and another person who greatly admires Haley, only adds to these thoughts.

"Haley Batchelder is a leader that comes once in a lifetime and I am grateful to have witnessed her leadership first hand," he said. "She displays the very virtues that have only been expressed during biblical times. She is kind, humble, temperate, and pursues the just cause whenever possible. Her leadership has been an inspiration and her departure will be felt in the coming fall semester."

Danny Chamberlain, the vice president of CAB and one of Haley's dear friends, echoes the sentiments of his peers.

"Haley puts her whole heart into everything she does and she genuinely cares about everyone she interacts with. She is one of the funniest and most genuine people I've met here at Westfield State, and I am so lucky to have her as my friend," he said.

As for her future in life in general: "I want to find something that makes me so happy that nothing else will matter," she said simply. Whether I find that in marriage, family, career success or friendships (hopefully all the above), I want to be happy."

There is no doubt in my, or anyone else's, mind that Haley will only continue to grow in the future. Her passion, dedication, and overall insatiable desire to give her full heart to anyone and everyone who crosses her path are things that cannot be replaced.

Her advice for anyone who may be struggling with his or her own vision for their future, whether personally or professionally, are simple.

"My final words will be this: look for joy," she said. "Don't look for success or wealth. If you look for happiness, those things may come right to you, or they may not. But when you've truly found joy, nothing else will matter."

arts & entertainment

FRIDAY, MAY 6, 2016 MONIQUE DESNOYERS, EDITOR

quick hits
as of April 27, 2016

Top 10 Singles
1.Panda – Desiigner
2.7 Years – Lukas Graham
3. One Dance – Drake Featuring Wizkid & Kyla
4.Work – Rihanna ft. Drake
5.I Took A Pill in Ibiza – Mike Posner
6.Work From Home – Fifth Harmony ft. Ty Dolla $ign
7. No – Meghan Trainor
8.Pillowtalk – Zayn
9.Love Yourself – Justin Bieber
10.Me, Myself & I – G-Eazy x Bebe Rexha

Top 5 Albums
1.The Very Best of Prince -- Prince
2.Purple Rain (Soundtrack) – Prince and The Revolution
3. Sailor's Guide To Earth – Sturgill Simpson
4. ANTI- Rihanna
5. Santana IV- Santana

Top 5 Movies
1. The Jungle Book
2. The Huntsman: Winter's War
3. Barbershop: The Next Cut
4. Zootopia
5. The Boss

Upcoming DVDs
1. Son of Saul
2. Joy
3. Deadpool

Students showcase artwork in annual student art show

Gina Muller
Editor-in-Chief

On April 28, the Westfield State Art department held their annual student art show in the Arno Maris Gallery located on the second floor of the Ely Campus Center. Students of all years showcased their artwork amid the pleasant backdrop of music and refreshments.

The gallery was filled to capacity with family, friends, and members of the Westfield State community who all came to show their support for the students' hard work and dedication to their artwork.

About halfway through the showing, awards were given out for students placing first, second, and third in different categories including painting, pottery, and drawing.

Students were also inducted into the Kappa Pi International Art Honor Society. To be inducted, students must maintain an impressive GPA and demonstrate a high level of skill with their artwork.

Hanna Christ. an art education and psychology minor stands proudly next to her art submissions for the student art show. Christ was also inducted into Kappa Pi International Art Honor Society.

Christian Capalbo, a sophomore geography and regional planning and fine arts major, won first in the paintings category for his two pieces of art work.

His passion and dedication are evident in his artwork, which is displayed in the Ely art gallery. Capalbo is an active member of the Westfield State community, participating in the Mr. Westfield Pageant, SGA, and Track and Field.

"I was a little bit intimidated by some of the pieces displayed, especially in the drawing category," Capalbo stated in regards to the other art showcased.

Each piece displayed the upmost level of skill and dedication.

"There is an over abundance of talent and it is keeping the art department going and moving forward," said Capalbo.

The Anro Maris Gallery is open Tuesday and Thursday from 10:00 a.m. and 2:00 p.m., Wednesday and Friday from 11:00 a.m. and 2:00 p.m., and Saturday from 11:00am and 3:00pm.

KNOWING TO COOK

Love what you cook and cook what you love

Ryan Cashman
Voice Columnist

If there is one "Knowing to Cook" I've thought about the most, it's this one. The last one. How do I begin to say goodbye to something that I feel like I've only just started? I suppose the question could be: how do I say goodbye to college? I just got here, right?

Saying goodbye to anything you've grown to love is never easy. So, I guess the best way to go about it is to delve, once more, into the ethos that drives this column: food is love.

I've written about this philosophy in much iteration over the last three years. I've told you who instilled it in me: my mother. I've told you why it's important. I've told you about cultures, recipes, equipment, gardens, fishing, holidays, food trends, and, of course, the Italians. Through it all was this ethos.

So, my last column, to all of you, is simply to tell you to love what you cook and to cook what you love. Don't worry about calories.

Don't worry about fat content. Don't worry about anything. Share a meal with someone. Cook with someone you love. Dig out a favorite recipe you haven't made in too long. Try something new. Learn as much as you can. Experiment as much as you can. Accept failure and grow from it.

Plant a garden. Go to a farmers market. Eat a fresh tomato straight from the vine. Pick apples. Grow pumpkins. Love and respect animals for the wonderful creatures that they are. And, above all, have fun.

Have fun with everything you do. Enjoy making a meal. Take your time. Sit in your kitchen with a glass of wine or a good beer and just talk to someone. Don't feel obligated to make anything overly complicated; remember that there is elegance in simplicity. Indulge yourself every once and a while: it's okay. Read everything I'm saying or ignore it if it makes you happy.

I started this column for many reasons. Chief among them was that I wanted to write something different for my college newspaper; something that the paper was without. Why not write a column about food? In the beginning, "Knowing to Cook" occupied no more than a half-page spread. Now, without fail, it occupies a full page every single week. I'm proud of that. The more you write, the more you realize that you have a lot more to say than you thought you did.

The same is true with cooking. The more you cook, the more you realize that it becomes a part of you. Anyone who loves food understands this. Food is not just a means of fuel and survival. In a spiritual sense, it is something we cannot live without.

Would the Italians be the Italians if they didn't hold food in such high regard? No, they wouldn't. They would still be Italians, but they would be different.

For me, food is just that. I cannot live without it, physically or spiritually. I would be a drastically different person if food held no special importance in my life. I wouldn't have gone to Italy, and I certainly wouldn't have written this column, which, in hindsight, certain former editors may not have minded.

The end of this column does not mark the end of my food-writing career. On the contrary, I view it as a transition. As "Knowing to Cook" ends, a whole life of exploring and writing begins. My hope is that all of you who have read this column have managed to find your own joy within it. Despite my dominating character, this column was never about or for me. It was for you; it was for you to read, enjoy, and whet your appetite.

I'll close with a quote from Richard Bach: "Don't be dismayed by goodbyes. A farewell is necessary before you meet again. And meeting again, after moments or lifetimes, is certain for those who are friends."

As always: buona tavola é mangiare bene!

Dedicated to the faculty, staff, and students of Communication Department and the Theatre Arts Program, the Atherton's, John Benvenuto, George Layng, Henry Wefing, John Paulmann, Dr. Rajgopal, Adam and Jen, Apartment 121, my Track Bros, the family Bozenhard, the Friendship Square, and my faithful readers.

Transphobia is no laughing matter

A review on "comedian" Chris Scopo's SpringFest performance

Joshua Poirier
Voice Reporter

Comedian Chris Scopo attempts to engage with a crowd of WSU students, faculty, and staff during his act on Saturday, April 30 in the Woodward Center.

When Chris Scopo began his comedy routine, the crowd was erupting with applause. Not too long after did that roar of applause turn quickly into awkward glances and slow, broken claps.

The Woodward Center's gymnasium was full to the brim with students and professors eagerly waiting for a good laugh, and so was I . . . except that never really came in the opening act.

Instead, I was thinking of an escape route out of this awkward situation. Not only this, but also I was thinking about who thought that having this "comedian" was a good idea in the first place.

I was appalled that people were even laughing at this man. I was being bombarded left and right by transphobic jokes and homophobic references. I looked around to see if anyone else was witnessing what I was witnessing, almost hoping it was all in my head. To think that my University, which I respect, did not take the time to do heavier research on this man was horrifying.

As a gay man, I was disgusted. As a human being, I was outraged. As a student at this University, I was hoping for a few laughs at SpringFest, but the only thing that I felt was regret that I did not go home that weekend.

We live in a society where most people would just want to shove this under the rug, but it needs to be talked about, especially in recent light of transgendered people being discriminated for Target's new gender neutral bathrooms.

Not only did this man focus on attempting to make transgendered people a joke, but also acted as if he was revolted by the idea, and that they were not considered a "real girl or real boy." I know this is not what our school represents, but to let this slip by makes it seem like everything that man said was okay.

By saying nothing, we will only continue to not take a stance on something that is this important, not make the ignorant realize just how ignorant they are, and not allow for our voices to be heard.

But I mean, Andrew Schultz and Matthew Broussard from Girl Code were pretty funny to make light of the matter.

Do you go to plays or shows? Listen to a lot of music?
Maybe you're a movie buff? Write about it!
Contact Monique about writing for our A&E section:
mdesnoyers6109@westfield.ma.edu

Close reading Jamacia Kincaid's "My Garden" as revisionist literature

Monique Desnoyers
A&E Editor

Jamaica Kincaid is a historian as well as a botanist, so it comes as no surprise that she has an entire garden essay titled "History," in which she references Columbus along with other historical figures. "I no longer live in the place where I and those that look like me first made an appearance. I live in another place. It has another narrative," Kincaid writes in "History."

She is referencing her position as a postcolonial immigrant living in Vermont. She is no longer part of the "narrative" history in Antigua, but rather the "narrative" history of America. Kincaid's repeated use of the word "narrative" suggests the notion that history is a story; therefore, the question of who the author of those stories is arises.

Kincaid's use of the number two emphasizes the two different histories of the places she has lived. As aforementioned, she repeats the word "narrative" twice, but she also repeats "that man sailing on his ships for days and days," "simplicity," and "'In fourteen hundred and ninety-two.'" Looking at these repeated attributes of the two histories, it becomes apparent that there is something lacking in the way history is told, since neither place shares the same history.

"This other place has a narrative most different from the place in which I make an appearance," Kincaid echoes.

Using her garden and botanists' Latin naming system as an example of history, Kincaid writes that the plants "had two names: they had a common name... and then they had a proper name." The "common name" is determined by the local people while the "proper name" is determined by botanists. Since the local people are limited in their mobility, the Latin name becomes the official name of the plant.

"The botanists are like that man who sailed on the ships: they emptied worlds of their names . . . and replaced these names with names pleasing to them," she says.

PHOTO FROM AMAZON.COM

The botanists and Columbus are the ones writing history because they, unlike the local peoples, have the power of mobility through knowledge and resources.

Those in power, or possessing modes of mobility, are the ones who get the chance to write history. This chapter of Kincaid's novel is just one of the many places in which she as an immigrant writer revises such a history.

lifestyle, health & wellness

FRIDAY, MAY 6, 2016

10 Habits of a Person with a Growth Mindset

Marissa Cremin
Voice Contributor

It's that time of year again: finals week. The end of the semester and the promise of summer are so close you can almost taste it. You've already spent three hours at the library today attempting to study for a math final. On top of this, you have another final paper to finish and a poster project; you just want to give up.

"It's too difficult."

"I'm going to fail it anyway."

"What's the point of studying for something that I've never been good at in the first place?"

There's no way that you could ever get it all done before the deadline, right?

What would you do in this situation? Since you are so frustrated, would you choose to give up, or would you choose to persevere? Would you tell yourself that it's too difficult, or understand that you might just need a little bit more time and effort?

This relates back to Carol Dweck's theory of growth v. fixed mindsets. People with fixed mindsets strive for success and want to avoid failure at all costs. They believe that they are either good at something or they aren't. On the other hand, people with growth mindsets believe that they can flourish and stretch their abilities, even in times of challenge. They understand that abilities are not fixed, and effort and attitude can contribute to enormous growth over time.

If you feel like you might be operating under a fixed mindset, you have the ability to change. We all have moments of a fixed mindset, but we should strive to overcome these moments and mainly operate under a growth mindset. A growth mindset creates a passion for learning and helps a student stay on track and understand their purpose. With this mindset, you will have better motivation and productivity. Keep these ten habits in mind as you push through the end of the semester with your best foot forward!

Don't run from your mistakes—embrace them. Learn from your errors and correct them. We all have our flaws, but the most important thing to keep in mind about mistakes is that they only become toxic when you don't let yourself move forward. Just because something is difficult does not mean you can just give up. If anything, it means you should try even harder. It's not about the end result, but rather what you are doing in the meantime. In the process, you are learning, and you won't learn if you aren't challenged by something.

Believe in the power of "yet." In Carol Dweck's TED Talk, she discusses the power of "yet." The concept of "yet" relates to the idea that you haven't done everything you can yet. "Yet" can help you to understand that you always have the capacity to improve, you might just need more time. There is always room to improve what you've done and become a better version of yourself.

Remember that there is power in the process that you work through. The combination of your effort, strategy, focus, perseverance, and improvement is an ongoing cycle, and there will always be new levels of accomplishment that you can reach for. Something crucial that I have learned this semester is how powerful the writing process is. Try to think of writing as a process rather than a product. There's so much that has to happen between the beginning idea and the end result.

Reach out of your comfort zone. Trying something new is a key part of challenging yourself to grow. Most of us are wired to be comfortable, but risk is what will ultimately help us to improve. You may end up with a new hobby, a new friend, or perhaps even the discovery of something you're good at that you thought was always impossible for you.

Aim higher when you set your goals. Planning ahead can help you stay organized and build good habits to ensure that you are meeting your objectives. Focus on what you really want to accomplish, think of ways that you can achieve these things, and consider people who can help you get to where you want to be. Write notes to yourself about how you plan to improve and what you hope to complete within a week. Even when you feel overwhelmed, staying on track will give you extra motivation.

Accept criticism with the intention to use the feedback to improve. All of us have experienced instances where we were criticized and did not take it well. It's easy to become defensive when you are criticized, but this won't help in the long run. As difficult as it may be, we must learn how to take critiques from our teachers and mentors. Turn the negative into a positive, and set a goal to fix what you have been criticized for. Instead of just looking at the negatives, consider the positive things that you do well. Keep an open mind, and remember what you are working to better in the first place.

Take advantage of your resources. Chances are, there are people who have mastered the

see CREMIN on page 29

The hardest goodbye: a farewell editorial to our beloved senior staff members

As the 2015-2016 academic year comes to a close, so does our final publication. With this imminent end in sight, there are two exceptional people without whom this paper would be possible: Michael Barry and Nicholas Sarnelli.

Mike, our dedicated sports editor, has been such a valuable member of our team. His expertise in sports writing, as well as editing, have made the Sports section one of the most jam-packed and beloved sections of this paper. He truly embodies his role here, leaving our copy editors with little to fix as his pieces come in nearly perfect every time. Mike has consistently brought his A-game, and continues to floor us with his knowledge, passion, and positive attitude. Mike has been a great addition to our team; not only is he wonderful at his craft, but he is also a wonderful human being. Bringing with him his bright smile, goofy personality, and hilarious sense of humor, Mike immediately fit into our little Voice staff family. We are so lucky to have had him here with us as our sports editor, and, most importantly, as our friend.

Nick, our phenomenal senior editor-in-chief, has been unstoppable behind the doors of Ely 305. Previously our Head Copy Editor from 2013 until the beginning of this semester, Nick stepped up to the plate as soon as he returned to campus after winter break. In February of this year, he took on an even greater role at The Voice for his final semester at Westfield: senior editor-in-chief. This position could not have been taken over by a better person. Nick has only thrived in this role, executing his leadership skills with wisdom, guidance, and grace. Not only has he contributed thoughtful, well-written pieces—including his debut in sports writing, multiple front page showstoppers, and countless editorials—but he has also perfected his layout and design skills and keep the publication running smoothly amongst the chaos. Nick even pioneered our new Health, Wellness & Lifestyle section, an immensely successful and popular section that will only continue to grow as this paper moves forward. Along with his wealth of personal and academic achievements—of which he will never brag about, so we have to—Nick has brought his hardworking and proactive mentality into this office, and has only continued to grow in all aspects. Most importantly, though, Nick has been a fantastic mentor and friend. Although we won't necessarily miss the smell of his brussel sprouts heating up in the microwave, we will certainly miss the numerous Dunkin Donuts trips to clear out the entirety of their donut shelves and all of the Wednesday night/morning shenanigans. Nick's uniquely individual sense of humor is unmatched; we treasure every moment of light he has brought into this office. Nick's immense knowledge, infectious laugh, and kind heart will be sorely missed.

Although we are devastated to see these two wonderful men leave Westfield State, we are so proud of everything they have accomplished thus far. We wish them nothing but the best in the future, and cannot wait to see where life takes them. From everyone behind the doors of Ely 305, we will miss you more than these words could ever express.

With love,
Gina, Sandra and Matt

owls athletics

FRIDAY, MAY 6, 2016 MICHAEL BARRY, EDITOR

Women's Lacrosse decimates Framingham State Rams in 17-4 victory

Owls ranked number one seed in MASCAC playoffs

PHOTO FROM WSU ATHLETICS

Nicholas Sarnelli
Editor-in-Chief

On Saturday, April 30, the Westfield State women's lacrosse team faced off against the Framingham State Rams, ultimately soaring over the opponent in a 17-4 victory. The Owls' relentlessness proved not only their well-rounded skills as a squad, but also why they deserve to be the top-seed in the upcoming MASCAC playoff tournament.

Saturday's game was also the Owls' last home game of the regular season, a matchup more commonly known as "senior day." Before this particular game, each senior member of the team was specifically acknowledged and honored with applause for years of hard work. At the end of this academic year, the women's lacrosse team will lose eight seniors: captain Mimi Khampaeng, captain Blair Smith, Roni Orcutt, Samantha Lungarini, Taylor Eaton, Ally Roach, Jordan Daniels, and Jenn White.

Just a mere 10 seconds into the game, freshman Sydney Lambert scored the Owls' first goal, bringing the score to 1-0 Westfield. The Owls' instant domination was merely a preview of the onslaught that was about to ensue.

Less than two minutes later, senior Sam Lungarini, also known as Side-arm Sam, whipped a shot low to bottom left, past Rams' goalkeeper. The Owls would lead 2-0.

The Owls only needed about another two minutes before freshman Marissa Nimeskern found the back of the net, bringing the score to 3-0 less than five minutes into the first half.

Less than 15 seconds later, senior defender Jordan Daniels scored her first collegiate goal after she barreled ruthlessly down the field, breezing past the Rams' entire offensive and defensive forces after drawing control of the ball. The goal would bring the Owls' lead to 4-0.

Less than two minutes passed before Roni Orcutt launched the Owls' fifth goal passed the Rams' keeper.

With 17:52 remaining, Lucy Barrett scored her first goal of the match, bringing the Owls lead to 6-0.

Afterward, the Owls had their first dry-spell of the match—well, if you can even call it that; they only went without scoring for a mere five minutes.

With 11:58 remaining, sophomore Stephanie Godek ended the brief drought as she found the back of the net after an assist from Sam Lungarini.

Less than a minute later, senior goalkeeper Mimi Khampaeng denies the second attempt—well, the only play that came close—as she intercepted a pass from Framingham's Jessica Graham. From behind the net, Graham attempted to reach a teammate in front before

See SARNELLI *on page*

Patriots Draft Analysis

Tim Jaroche
Asst. Sports Editor

The NFL draft predictions are over, and the picks are in! In Chicago this past weekend, Roger Goodell kicked things off by announcing Jared Goff and Carson Wentz as the first two picks, in that order.

As for our hometown Patriots, they drafted nine players, including one pick that caught most fans off guard. With their third pick of the night, they selected QB Jacoby Brissett from North Carolina State. With Brady's four game suspension being reinstated, picking a QB made sense.

We have to wait and see how Jimmy Garoppolo performs in the first four games, but if he doesn't look promising, he will likely be dealt before his contract runs out after the 2017 season. Brissett will be signed through the 2019 season, giving him ample time to learn and develop before Brady decides to turn the reigns over.

Brady is signed through 2019 as well, but that doesn't factor in the possibility of injury at his tender age of 38. With Brady, it's hard to tell when he'll begin to fade, having come off a season throwing 38 TD's and only seven interceptions, among the best in the league in said categories.

Brissett is the same size as Brady, but much more mobile. Besides having the necessary physical tools of an NFL QB, he is a leader with zero character issues. Being drafted by the Patriots, Brissett is in a great position to learn and excel at the NFL level.

With the team's first pick at sixtieth overall, they picked Cyrus Jones, a CB from Alabama. Jones will come into camp playing behind Malcolm Butler and Logan Ryan, but will see action in the return game early. With Jones' NFL-ready skillset and the Patriots' substitute-friendly defense, I would expect to see him on the field more than any other rookie this season.

After a season where the offensive line was plagued with injuries, the Patriots added depth in this draft. In the third round they selected Joe Thuney, guard from North Carolina State; in the sixth, Ted Karras, guard from Illinois. It's not likely either will start on the line, but they will develop and be available if we see injuries to the extent that they occurred last season.

As for skill players, Malcolm Mitchell, WR from Georgia, was taken in the fourth round, and Devin Lucien, WR from Arizona State, was picked up in the seventh round.

Both of these guys have quick bursts off the line and can be short yardage targets over the middle, which are Brady's bread and butter. For that reason, they both have a chance to make the team and will be facing plenty of veteran competition.

Selected on the defensive side of the ball: Vincent Valentine, DT from Nebraska; Kamu Grugier-Hill, a LB from Eastern Illinois; and Elandon Roberts, a LB from Houston. Both the LB and DT positions have locked in starters, allowing these players time to learn and grow in the Patriots system.

Reflections on the current state of the MMA world

Jack Corsi
Voice Reporter

Sitting here today had me thinking about the MMA world once again. As a huge fan of the sport, I don't really understand the rationale behind having a McGregor-less UFC 200. Here are my reasons why this event won't be as good as expected.

Like I already said, there is no Conor McGregor, which could mean there is no Nate Diaz. Diaz and McGregor were going to give us one to remember. Instead, Conor and Dana decided to have their own personal complaint festival, and we were deprived of the rematch.

This could have been the biggest rematch in the history of MMA, but no. Now we are probably waiting till UFC 201 or 204 to get it. Thanks a lot, guys!

Jon Jones and Daniel Cormier II have potential, but if it is anything like the first one, it will surely be a hypefest and then a boring wrestling match. These two really need to stand toe-to-toe and slug it out. Instead, they will be trying for takedown after takedown, making for a boring main event.

Frankie Edgar and Jose Aldo is a matchup that lacks fireworks. They are two guys I would have loved to see fight three years ago—and they did—but they may give us an emotionless rematch. They fought to a Fight of The Night reward, but I really don't see that this time around. I hope they prove me wrong, Aldo especially. This guy still cannot get McGregor out of his head. Dana White screwed up the Women's Bantamweight match, and he screwed that up big time. It should have been Ronda Rousey or Holly Holm fighting Miesha Tate. But no, he gave the fight to someone else. What was he thinking doing that? I am not a fight booker, but even I know that at your biggest event you need to have a big fight in every division.

To tell you the truth, I do not think that this is anywhere close to it.

The undercard has some potential, but it won't be able to save the main card. This card needed McGregor-Diaz II. It didn't need it, but it yearned for it. Hopefully these two fight soon, either in Boston or New York. They will sell out any arena they are assigned to. It's just that easy.

Let us just hope that we won't be let down, but the chances of that happening are slim to none.

Spandex, scrubs, and a somehow-surviving college senior

Nicholas Sarnelli
Editor-in-Chief

The most common advice that one receives upon his or her arrival to college is to get involved in something. Casey Howe may have taken that advice a little too seriously.

On top of being a senior nursing major, Howe held positions as captain of the volleyball team, vice president of the nursing club, and a tutor in the Banacos Center. One can imagine how time-consuming the combination of these responsibilities must have been. I for one can barely manage to tie my shoes and arrive to class on time.

In the fall semester, Howe said she spent at least 15 hours in clinical at Baystate Hospital and in her simulation lab each week. For three weeks during the semester, though, Howe had an extra day of clinical on Sunday, making 21 hours total for those weeks.

But wait, there's more.

On top of the hours spent on her studies, Howe had at least 22 hours per week devoted to volleyball when in-season. This includes practices and both home and away games.

Despite her utter lack of time, Howe somehow managed to not just participate on the team, but excel. Having been a starter since her sophomore year, the middle hitter had grown to be a dynamic force in the center of the court.

As captain of the women's volleyball team, Howe was not only responsible for leading the Owls, but also for maintaining a steady recovery from an injury she sustained in her sophomore year. Let's just say Howe is no stranger to crutches.

Despite requiring the support of crutches for the first two weeks of her sophomore year, Howe still continued to play. She's pretty well acquainted with the pneumatic walking boot, too. After she temporarily put away her crutches, Howe wore a walking boot while she wasn't playing volleyball. But her injury just wasn't healing. In fact, it was getting worse.

After the women's volleyball team won the MASCAC tournament championship in 2013 and the season ended, Howe decided it was time to have her injuries tended. Of course, this meant surgery for the then college sophomore.

"I had a lateral ankle reconstruction to repair three fractures, all of my lateral ligaments, and then a partially torn subluxing peroneal tendon and was in a boot for six weeks and on crutches for four weeks after surgery," Howe explained.

In other words, Howe's injuries were bad—really bad—and the healing process was not going to be a picnic. After a long and winding road to recovery, Howe made a comeback to her starting position on the court.

In the conclusion of her senior volleyball season, Howe finished with 259 points scored overall; this includes 191 kills, 57 blocks, and 11 service aces. She also led the team hitting percentages with an average of .281.

Off the court, Howe worked as a tutor in the Banacos Academic Center where she held group tutoring sessions when she was

available.

"I only do group tutoring sessions because there's a lot of them and one of me—but barely one of me—so their time is limited as it is," Howe said.

Howe said she usually tried to do at least two group sessions prior to each exam, so that students had another option if they couldn't make one of the sessions before their exam.

I've known Casey Howe for a few years now. Still, I've never been able to grasp how in the world she managed to do all of these things—and do them well—without spontaneously combusting, so I asked. She merely smiled and laughed uncomfortably.

"I cry in the shower sometimes," she admitted.

I found this relatable, of course. Stress is something that envelops and infects every college student.

"If you really want to do something, you'll find a way to do it," Howe said on a serious note. "It's not easy to do, though."

For those who may not already know, nursing students must maintain an average of at least 74 percent in any nursing or science class. If their average slips below that number, they fail the course.

"You're only allowed to fail once," Howe explained. "Once you fail one nursing class, you stay back and then you take it again the next year, but if you fail any other nursing class in between then, you're out of the program."

Howe explained that the amount of pressure she felt from such a tight system mostly depended on how she began the semester. If she started off with a high score, she didn't feel the same amount of strain that she would if she started off on the lower end.

"It only affects you if the first test of your class is below a 74 because then, everything you do, you feel like you have to make up for it," Howe said.

Despite the intensity of being a nursing student, Howe said she is solaced by how much she has gotten out of the program both personally and professionally.

Howe spent her 2015 and 2016 spring breaks on a mission trip in Guatemala. While there, she and her classmates built a house, distributed water filters to families and taught them how to use and clean them, built two customized wheelchairs, went to a malnutrition center and fed babies, and fed a protein meal to 900 kids.

"It really gives you a sense of appreciation going to a place like that," Howe said. "I've also never felt more appreciated than the people made me feel there."

This is only one of the rewarding experiences Howe has gotten out of the nursing program, though.

Howe spent the entirety of summer 2015 on Martha's Vineyard where she worked as a student nurse and unit coordinator in the emergency room of Martha's Vineyard Hospital. At the hospital, Howe's job was to assist the nurses with their many duties, some of which included helping with patient care, checking vital signs, measuring blood sugars, administering electrocardiogram tests, and irrigating and dressing wounds. As a unit coordinator, Howe's main job was to coordinate patients' transport off the island. Since Martha's Vineyard Hospital does not have all the same specialty departments as a larger hospital, patients sometimes need to leave the island to see specialists.

Outside of the hospital, Howe lived in a house with four other student nurses in Oak Bluffs.

"It was the best summer of my life," Howe said. "I learned a lot, built confidence in my nursing skills, and had a lot of fun with my time at the hospital and my time off."

Howe attributes her successes as a nursing student to more than her hard work, though. In fact, Howe affirms that many of her accomplishments are attributed to the nursing department as a whole.

When Howe first enrolled as a nursing student at Westfield State in 2012, the program was so new that it was not yet accredited. This means that there had not yet been a graduating class from the department. Since then, the program has been accredited and thus continues to expand, providing not only opportunity for its students, but also individual support.

Howe said that she feels the program thrives on a system of understanding throughout. In other words, students and faculty alike have empathy for the high degree of busyness that exists for all members of the department.

"You need to be very understanding because you never know what's going on in other peoples' lives," Howe said.

She meditated over the fact that the department helped to make it possible for her to be a student athlete, and still encouraged her to do things like the mission trip to Guatemala and tutoring. Howe said that both working with instructors in the classroom setting and working with people in the hospital continued to help her grow and understand in more than just a professional way.

"It kind of just teaches you a lot about yourself, being a nursing major," Howe explained.

As she finishes her last semester and leaves volleyball behind, the realization of life after Westfield was upon her. And since I was genuinely unsure of her plans, I asked her where she would like to work within her field.

"Anywhere that I can get a job," she joked.

Earlier this spring, Howe finished her preceptorship on the intercare flex team at Baystate Hospital. As a member of the intercare flex team, Howe had to be flexible in that she needed to care for a variety of different patients in different critical care units. In other words, each day that Howe arrived to her preceptorship, she was placed in the emergency room, intermediate cardiac unit, intermediate neuro unit, or any other stepdown critical care unit.

Opportunity. That seems to be the leading motivation in Howe's professional and personal life. In fact, for Casey Howe, seeking opportunity and possessing such an extensive passion is what turns opportunity into ability—the ability to learn, to grow, to experience, and ultimately, to succeed.

From WOODGER *on pages 14 & 15*

lighting systems need to be a point of focus.

"The efficiency of the heating, the cooling, the watering, the lighting, is pretty sub par," she says.

If you compare the greenhouse to the technology used in the rest of Wilson, and especially to the new lead-certified accouterments planned in the new science building, the greenhouse will be desperately lacking, Cole adds.

"We are really just even beginning to think about how we would go about searching for funds for that," she says.

The morning swamping really matters to Tomas and Cole because their main goal for the future, is to see the greenhouse become a place that will be utilized and experienced by the whole campus community.

Tomas says she envisions putting "tables and chairs in [the greenhouse] so students and professors can enjoy the greenhouse instead of it being just a place where we store a lot of plants for occasional class use."

Other professors agree with Tomas on sprucing the ol' girl up. O'Brien says that he is all for examining way to improve what's already here.

"I am always interested in having the university look the best it can," he says.

Cole says she would really like to see the greenhouse be brought into "some organized chaos" by labeling and helping to form the space into a comfortable environment that lets students and faculty really feel like they are getting a taste of the outdoors, which Cole argues, is almost a necessity in the wintertime.

"There are so many studies going around out today about being out in the forest for half an hour, or being outside for half an hour, versus being in a concrete jungle that has beneficial effects for your health and your mindset," Cole says.

Tomas makes it a point to highlight that the greenhouse is quite beloved by the science departments, and that while the introduction of the new building has made the greenhouse's future uncertain, they are committed to keeping it afloat.

"I know that we are going to fight for it," she assures.

O'Brien also recognizes that the greenhouse acts as a communal place for the whole science department at Westfield.

"Chemistry, and biology, and environmental science are all coming together very nicely in the greenhouse," he says.

Specifically to environmental science, O'Brien goes so far as to say that the greenhouse is critical. He says the North East's bitter climate makes it quite impossible to do many of the experiments and research that are so vital to a proper education in the environment and its processes.

At Westfield, sustainability hums every hour, a trickle of water dizzy as it drains through what looks like a left over Star Wars prop J.J. Abrams neglected to take before he left the DC. It's covered with lush greenery baking under simmering florescence, and seldom touched by anyone.

The greenhouse sees this as a problem. Tomas says that they have wanted to extend their reach to a campus wide audience for some time now, and they feel that promoting sustainability practices are the best way to go about it. Unfortunately, when Tomas says "sustainability practices," many may not know what she means, or what "sustainability" looks like.

The website SustainAbility puts it very simply, stating that sustainability simply means "the capacity to endure." The site describes sustainability as the notion that people must really begin thinking about humanity's ability to provide for itself in the future both locally and globally, while also transforming business to become a profitable and community conscious enterprise.

This definition might be a little too simple, however, in that not only does sustainability have practical implications, but also ethical considerations that should be heeded when discussing the rationale for sustainable practices, according to the article written by Keith Douglass Warner and David DeCosse entitled "Lesson Four The Ethical Dimension of Sustainability." They cite socioeconomic fairness, specifically fostering a bolstering of the poorer classes; while the rich take more than their fair share, the poor often compromise global sustainability by having "to use resources in a short-sighted way." It is also an ethical imperative of sustainability practices, Warner and DeCosse say, to give consideration to future generations' wellbeing, considering the "biologically impoverished" condition the world is projected to assume at our current rate.

While the DC already houses a hydroponic tower, Tomas says "it would be cool if they wanted to utilize the greenhouse," so as to extend the general sustainability practices on campus. Implementing them could serve as interesting learning experience, as well. Tomas cautions about the expense of such a project and even questions "how much of a benefit there is" to the school educationally; however, the idea is still very much in its infancy

"I've met once with the person form Sodexo very very briefly," Tomas says.

She does note that he has some "really great ideas" and she would be open learning more about the possibilities. Tomas also adds that the greenhouse "does need to be an educational thing for the students" and that its use as an experimental space for the science department should remain its main function.

Sprucing up the greenhouse has never been more crucial than it is now, as the new science building and its glass entrance—like pewter brick—looms right next-door.

"I think it's going to look really bizarre to have a not so functioning or not well functioning greenhouse with a lot of antiquated systems next to a brand new state-of-the-art scientific building," Cole says.

Tomas says she is hopeful that, due to the imminent completion of the new science building—and the new quad it will bring—the greenhouse could become a much more prominent figure on campus. Tomas says that the new science building will most likely bring some big changes for the greenhouse and those involved; they just don't know how yet.

"There's be some talk about possibly moving," Tomas explains of the greenhouse.

Possible renovations are also being talked about, but both renovations and a move would cost a considerable amount. Renovations are where Tomas leans, but it all depends on funding.

"Sadly, I don't know how much of a say I have in that," she says.

Tomas says that for some time now, the greenhouse has been putting whatever funding they can scrape together into maintenance so as to make it as presentable as possible when it comes time to make any decisions.

In terms of the greenhouse's practical future, Cole projects it should be cleaned up enough so that people might begin utilizing the first and second houses; it should expect some expansion of the current flora, providing at least some ascetic organization.

In terms of research in the greenhouse, Cole is unconfident that by the spring the greenhouse will be able to accommodate as great a scope of research as the science department would want.

"There hasn't been any true ownership of the greenhouse for several years," Cole says.

To her, any function of the greenhouse has, by necessity, only been the required maintenance, and has habitually been given very little support—if any—from the University. Raising awareness of the greenhouse is going to be an effort beginning over break, and hopefully throughout next semester, Tomas says.

One of the biggest renovations Tomas sees will be crucial for future function and interest is getting new glass. Although Tomas says that the actual structure of the greenhouse is quite functional, updating the panes with some more appealing UV protective Plexiglass could be useful in a practical sense when plants overgrow. The current glass is not actually covered with calcified Elmer's glue as one might expect, but rather with an old whitewash one of Tomas's former greenhouse directors slathered on. A way to reduce some of the heat and light that would be too intense for the plants, it was a smart solution that "visually looks horrible," Tomas says. Despite her and her volunteers' best efforts, the whitewash has clung on with some unfortunate vigor, Tomas says.

With some new glass, a new irrigation system, and a possible hydroponics section, the greenhouse could really become a more effective producer for the biology department as well as the spring community garden. Many state and private institutions have very grand and complex greenhouse systems in place, she says, and Westfield having an updated greenhouse to call their own would be quite beneficial.

While the new science building is quickly becoming a reality, the pressure on Westfield to present a campus deserving of such a prestigious feature builds. On this prestigious feature's front lawn sits what continues to be an essential facet of both students and faculty's educational experience, and is quickly turning into a relic.

In a perfect world, next year's greenhouse will see a student sitting in a chair wobbling on a banana tree root, with a coffee and some homework by their side; a couple of students will be chatting about how well the December cacti are blooming; other students will be grinding a crewed fern in their notebook margins when they should be studying for their upcoming psych final for Dr. Burwell; and the glass rattles a little from the bustle seeming to spill from the mother-in-law's tongue, creaking its weary joints, and so clear you see straight through.

from CREMIN *on page 22*

skills that you are working to perfect, and who would be more than willing to help you. It's up to you to reach out to the people who can help you grow. In the network of family, friends, professors, faculty, and staff in this community, there is always someone who is willing to help.

Surround yourself with friends/partners who will challenge you to grow and use your influence to empower others. The most successful people with growth mindsets understand how important it is to help others grow, just as others have helped them to grow. When you choose to surround yourself with people who think with growth mindsets, you will be pushed to your fullest potential. You will be motivated to have better relationships in your personal life, at your workplace, and in your learning environments.

Stop trying to prove yourself to others. You don't need people constantly telling you that you're smart. Your effort and attitude says enough about the direction that you're going in. Don't waste your time proving how great you are at something time and time again, when you could be using this time to improve a weakness.

Remember that it's not going to be easy, but it's definitely going to be worth it. There are always going to be obstacles. There are always going to be doubts: the could-have, should-have, and would-haves. But, you can't let this stop you. You must move forward and chase after the things that will help you to become the person that you want to be.

As you get through this last week of school, keep in mind the things that matter most. Work hard, study hard, and believe that you always have the power to expand your abilities. It's never too late to change your mindset, and the future has endless opportunity!

from SARNELLI *on page 16*

I would additionally like to thank Editor Emeritus Joshua Clark for encouraging me—well, more like coercing me—to join The Westfield Voice staff in the first place.

Josh had just become Editor-in-Chief when he began badgering me each time we happened to work together at the World Class Chicopee Big Y.

I told Josh that I had no interest in writing. That was me then. Anyone who knows me now is well aware that I—a soon-to-graduate English major with a writing concentration—am very much interested in writing for the rest of my life.

I had just completed my freshman year at the time, and I was on-track to become a secondary English teacher. Journalism and freeform fiction writing were out of the question. Well—the problem was they had never really been in the question in the first place.

But then I joined The Voice and immediately became Head Copy Editor. I had no idea how thoroughly I'd enjoy writing and editing and staring endlessly at a computer screen while trying to decide on the perfect sentence structure after I transfigured it over-and-over-and-over.

I had no idea just how much joining this publication would change my life.

To my fellow editors, it has been an absolute honor and an absolute blast to work and live and learn and grow beside each and every one of you. For as long as I live, I will never forget the innumerable hours I spent locked away in this quaint, toasty office with you all.

I will never forget Wing Wednesdays and the times I was berated for heating up my very-fragrant Brussels sprouts in the microwave for you all to endure.

Matt Carlin, I will never forget the pitch of your voice as you shrieked about nonsense—but nonsense that made me laugh until my stomach hurt.

Mike Barry, I will never forget chuckling to absolute nonsense with you and how your chilled personality helped lower my stress level when the semester became mind-bogglingly busy.

Sandra Mercer and Gina Muller, I will never forget the time we stumbled out of Ely in the wee hours and looked to the sky with our weary eyes and questioned whether or not we spelt Nathan Godard's name wrong for the fifteenth week in a row.

Sandra, I will forever keep the dozens of sticky notes with meaningful messages and words of encouragement. You were vital in keeping my spirit and motivation up in this messy, busy semester. Friendship aside, your skills as a writer and an editor in coalition with your dedication to The Voice make you my natural nomination to become Editor-in-Chief alongside Gina. You deserve it.

Those of you who have stood by me as I chose to step up to Editor-in-Chief this semester and those who I've worked alongside for countless days in Ely 305, you will eternally hold a special place in my heart.

I am so thankful to have known you. I am so grateful for your hard work. I am so lucky to know that I will always have a friend in each of you, even as I am catapulted into the infamous Life After Westfield.

Thank you for making my college experience as perfect as it was.

Thank you for everything.

from SARNELLI *on page 24*

Khampaeng ultimately snagged the ball and cleared it.

Before the half was over, the Owls put away three goals: one by sophomore Samantha Coyle and two in a row by sophomore Hunter Zackaricz, bringing the Owls to a 10-0 lead at the end of the first half.

Soon after the second half commenced, Sidearm Sam Lungarini put away the Owls' eleventh and twelfth goals, earning the senior a hat trick. Roni Orcutt assisted both of Lungarini's goals. The Owls would lead 12-0.

With 25:05 remaining in the second, the Rams scored their first of the match, bringing the score to 12-1 Owls.

Less than five minutes later, Blair Smith launched the thirteenth goal passed the Rams' keeper after an assist from Roni Orcutt.

After a few scuffles and turnovers by both the Owls and the Rams, senior Taylor Eaton ultimately gained possession and fired one into the back of Framingham's net, bringing the score to 14-1

Two minutes later, freshman Liz Navoni snatched the Owls' fifteenth goal, assisted by Roni Orcutt.

In about five minutes, the Rams were able to grab three goals, but they still lagged behind Westfield 15-4.

Before the game was out, Westfield's Alexa Tonelli and Lucy Barrett each attained another goal, locking the score at 17-4.

With one minute remaining, coach Jeff Pechulis began calling off the eight seniors one-by-one, subbing in an underclassman player for each.

As the seniors ran headlong toward the bench for the final time in the regular senior season, they were greeted with loud cheers from spectators, high-fives from their other teammates and Pechulis, and a tight hug from assistant coach Monica Rose.

The Owls would conclude the game with a 17-4 victory.

"It was an experience," said Kelly Griffin, a senior English education major and diehard lady Owls lax fan.

While their regular season may be over, the Owls will play at Alumni field on Thursday, May 5 against Worcester State, the number four seed who they beat 10-5 in the regular season.

If the Owls can snag another win against Worcester State, they will advance to the MASCAC championship on Saturday, May 7.

from BUCKLEY *on page 16*

von admits that, at the time, little changed in his efforts. The stark contrast from high school to now is glaring. What changed in Travon's life that led to this 180-degree transformation?

The answer is almost comically simple. Travon insists that most of his recent successes stem from the fact that he "got into the right crowd" at Westfield State. While he struggled to find motivation at his small-town high school, Westfield allowed more room for Travon to truly spread his wings.

Early on, Travon found solace in writing. While he did not arrive at Westfield State with an English major in mind, he discovered a passion that he could dedicate himself to. As he discovered his zeal for English, he was also discovering effective work habits. To quell his inability to stay on task, Travon found working on several assignments at once keeps him from getting bored. He prefers to keep five tabs open on his computer, working on several assignments simultaneously and switching back and forth when he feels his mind wandering. He works best in his own room, and prefers background noise to fight off boredom.

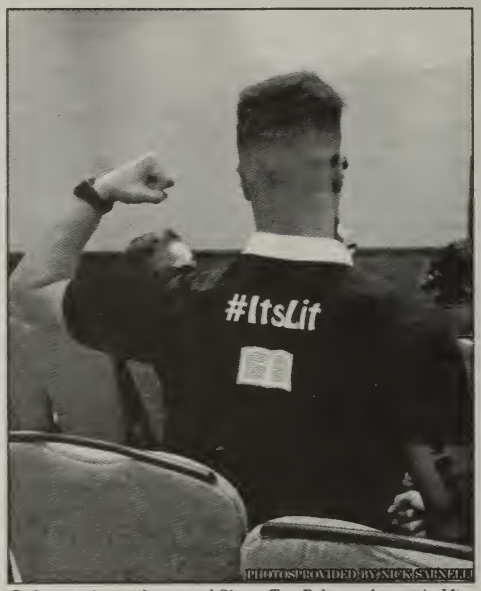
A self-proclaimed procrastinator, Travon has also made huge strides in time-management. Mostly stemming from the fact that his free time is so scarce, he is forced to strategically approach deadlines. Having a track meet all-day Saturday, and knowing Monday will be packed full with classes, meetings, and practice, Sunday turns into the one and only opportunity for Travon to dedicate time to assignments. Instead of having the option to put schoolwork off for another day, Travon is forced to work on papers and such during the few hours he has available to do so.

Travon also cites a self-perceived shortcoming from his athletic career in high school as a big motivator for his dedication throughout college. While his high school athletic achievements are absolutely boastworthy—captain of his track team, quarterback for his football team, and starting forward for his basketball team—he insists that he "wasn't as good in high school at sports." Travon says his work ethic was not what it has developed to be, and a strong motivator for the shift was his inability to break his high school's high jump record. He missed this feat by a quarter of an inch, and falling short proved that discipline was crucial.

"It was an eye opener for me that no matter how good I thought I was, I had to work harder," he said.

After examining the difference from Travon's high school experience to his experience at Westfield State University, it may seem appropriate to say that the student-scholar has changed completely. While there have been many clear changes in Travon from high-school graduation to now, there is still one huge constant that is apparent: Travon's infectious personality and friendly attitude have not been affected by his noteworthy successes.

Leah Nielson, a professor of Travon's that teaches Chapbook Poetry, was struck most by Travon's ability to be "confident without arrogance." She explains that he is not hesitant to speak up and offer an insightful perspective. While assertive, Travon is also humble. The sentiment of his critiques and comments are genuine, and "always with the aim to help other students."



PHOTOS PROVIDED BY NICK SAVINELLI

Godette posing at the annual Sigma Tau Delta conference in Minneapolis while wearing the WSU chapter's award-winning t-shirt.

Kelly Griffin is also an English and education major, and she insists that the most significant aspect of Travon is not one that is done justice listed on paper.

"He is always positive and he always has the time to make anyone smile," Kelly says is the most impressive quality of the busy senior.

Beginning as peer-editors in English class, the two have both developed into successful honors students. Kelly says that watching Travon progress from someone she used to swap rough drafts with in creative writing, to a speaker at last year's English Spring Symposium, has been profound.

Kelly's favorite memory, however, is a much simpler one. On their way to Minneapolis for an English conference, Kelly nervously anticipated the plane's take-off. Sitting next to each other, the two expressed a mutual detest for flying. As they anxiously waited for the plane to leave the ground, Travon passed Kelly one of his earbuds. Putting on light-hearted, goofy music, the two laughed as the plane began its incline. Even though Travon was uncomfortable himself, he made light of the situation, calming Kelly down and putting his friend's state of mind before his own.

While all that Travon has earned and achieved makes for a long, impressive catalog, Kelly says the most amazing thing about him is his genuinely kind and funny personality, and the fact that knowing him and being his friend, "truly makes you want to do better."

While Travon has seen a lot of changes during his time at Westfield State University, his humility and kindness have been constant.

"I'm not better than anyone else, we're all equals. I just do what I feel like I have to do," the National Champion and English Honors Society President asserts about his down-to-earth demeanor.

While Westfield has allowed Travon the opportunity to discover his passions and "get involved with a good crowd," his steadfast commitment and dedication to his responsibilities demonstrates a powerful work ethic. The discovery of helpful academic strategies and his preference for a heavy workload have inarguably paid off.

In particular, Travon was awarded a spot at the "29 Who Shine" awards ceremony this year. Given to a student that "shows exceptional promise as a future leader in civic affairs" and is graduating from a Massachusetts state university, community college, or University of Massachusetts, only 29 are recognized state-wide.

On top of this, Travon will be attending McNeese State University in the fall of 2016 to pursue an MFA in creative writing, a MA in literature, and a coaching job for the university's track team. The university, which is ranked in the top 25 writing programs in the country, offered Travon a full-ride for his coaching position. In just a few years, Travon grew from the student who failed creative writing to the student who is sought after by the best graduate programs in the country.

In going forward, Travon is excited for the possibilities the future holds.

"The future used to be one of my biggest fears when I first came to Westfield, but after everything I've been through, I feel pretty content with surprises . . . whatever I do, I just want to make some sort of difference in the process," he said.

Games & Leisure

9	6		3					1
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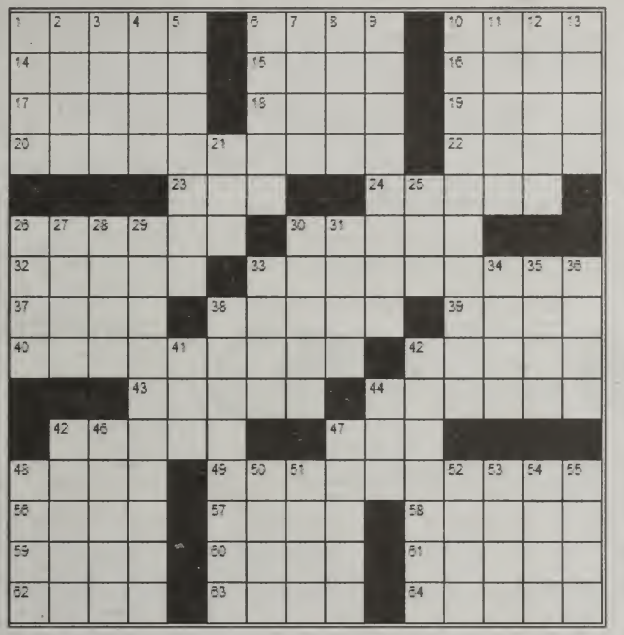
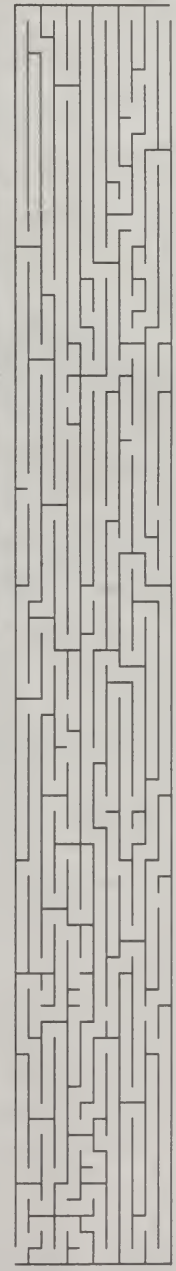


Maze



Animals

A K Y E K N O D P M B I S O N E F O X
T E W I P R B E A R O T A G I L L A T
O S W A I A L V U L T U R E N A W S U
R I U C H I N C H I L L A M A G G P O
T H C M C T W T B B N R E E D N I E R
O S A A A N O O H A A E L K T I P A T
I I N R M T E R O E R B V A C T O C R
S F E W E O O N R D R R O A W H T O N
E Y A C A T O P I A P G A O R G T C E
V L G O D C S S O R P E R C N I E K R
O L L B O C A M E P E C C H U N R O W
D E E R W A O M A Z P V S K R D A L J
N J S A L M O N N H D I L E E D A I A
O O L G A E C A F R F O H O R R D O C
O K I U R L P E A D H P T U W M I N K
C C A O K M R P R T O I N N O R E H A
C E U C I R O O O G G N Y E K R U T L
A G Q H E E W L I E E K R A V D R A A
R L C T L S S E R R P O R C U P I N E

AARDVARK
ALLIGATOR
BABOON
BARRACUDA
BEAR
BISON
CAMEL
CHIMPANZEE
CHINCHILLA
COBRA
COUGAR
CROW
DONKEY
DOVE
EAGLE
ELK
FERRET
FOX
GECKO
GOAT
GOPHER
HAMSTER
HAWK
HERON
HIPPOPOTAMUS
JACKAL
JELLYFISH
KIWI
LEOPARD
LION
LLAMA
MACAW
MEADOWLARK
MINK
MOOSE
NIGHTINGALE
OTTER
PANTHER
PARROT
PEACOCK
PELICAN
PIG
PORCUPINE
QUAIL
RACCOON
RAVEN
REINDEER
ROADRUNNER
SALMON
SLOTH
SWAN
SWORDFISH
TIGER
TORTOISE
TROUT
TURKEY
VULTURE
WOLVERINE
WOODPECKER
WREN

ACROSS

1. Cite
6. Greek cheese
10. Midmonth date
14. Shrewd
15. "Oh my!"
16. Anger
17. Scrawny one
18. Kiln-dried grain
19. Wander
20. Plague
22. Biblical garden
23. Central
24. Parts portrayed
26. Semidetached house
30. Redress
32. Labor group
33. Ones who accomplish
37. "Darn!"
38. Overgrown with ivy
39. Nursemaid
40. Replace
42. Sharpshoot
43. Lascivious looks
44. Scattered
45. Interrogative pronoun
47. Ambition
48. King of the jungle
49. Not oriental
56. Church alcove
57. Website addresses
58. Throw with effort
59. V V V V
60. Essence
61. German iris
62. Contributes
63. Type of sword
64. Forests

DOWN

1. Coarse file
2. Behold, in old Rome
3. Pelts
4. French for "State"
5. A systematic plan for therapy
6. Widely known
7. Dash
8. After-bath powder
9. Planetoid
10. Beside the point
11. Thermionic tube
12. Santa's helpers
13. Observed 21. 59 in Roman numerals
25. In song, the loneliest number
26. Clothing
27. Two-toed sloth
28. Panderer
29. Solitariness
30. Corrosives
31. You (archaic)
33. Affirm
34. Send forth
35. Sexual assault
36. Outbuilding
38. A structure for storing ice 41. Record (abbrev.)
42. In some way
44. Accomplished
45. Rubbed
46. Fleeced
47. Passageway
48. Magma
50. Prune
51. Hint
52. Roman emperor
53. Tropical tuber
54. Keen
55. Not more

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The Westfield Voice
The Student Press of Westfield State University

The objective student press of Westfield State University

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Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

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The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

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Fri 8 a.m. to 6 p.m.

Subway
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New Hall Marketplace
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Ely Library - ext. 5231
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